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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 20 SHOPPERS DRUG MART

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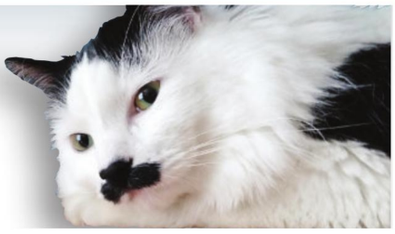
THE STASH PROJECT: DAY 2

IN WHICH WE LEARN A CAT CAN HAZ WEB FAME — BUT IT TAKES LOTS OF WORK PAGE 14



Virtual robber steals digital money from online bank

There were no injuries PAGE 15

Breaking Broadway

Bryan Cranston takes to the stage as Lyndon B. Johnson, trading in his meth lab for the Oval Office PAGE 19

Blogger and O-Town Hoedown organizer Greg Harris, left, is being sued for defamation by Capital Hoedown festival chief Denis Benoit after Harris wrote critical and sarcastic blog entries about Benoit's failed 2012 edition of the Capital Hoedown. LEFT: CONTRIBUTED; RIGHT: JOE LOFARO/METRO

I'll sue the 'McPoopypants' off you!

Libel. 'Silly' comment lands O-Town Hoedown organizer in $250,000 worth of hot legal water

LUCY SCHOLEY
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A blogger who wrote a sarcastic critique about Capital Hoedown head Denis Benoit is now being sued for libel.

Greg Harris, who is the organizer of the similarly named O-Town Hoedown country music festival, is facing a claim for $250,000 in damages following two blog posts he published on his website.

After receiving a letter from a lawyer representing Benoit that demanded an apology and removal of the post, Harris wrote a new blog post with a sarcastic apology and critique of the lawyer's letter. In the post he apologized to one "Fluffy McPoopypants" who he said organized the "Capital Super Successfest." According to Benoit's statement of claim, the post was written in a "mocking and hurtful tone" that could damage Benoit's reputation.

Harris published the first blog post about Capital Hoedown on June 6, 2012. He criticized Benoit for the demise of the 2012 edition of the country festival, which was to have Taylor Swift on the bill, but was eventually cancelled. Benoit had missed a payment deadline with the city to host the festival at Walter Baker Park and was unable to find a new venue with proper zoning for a concert that the city would sign off on. A flurry of lawsuits ensued between Benoit, Swift and others and the festival has not been revived.

Benoit's lawyer, Jonathan Collings of Low Murchison Radnoff LLP, sent Harris a letter on Feb. 18 asking him to retract the article and apologize for "defamatory allegations."

Harris said he "ignored" that letter and instead posted a tongue-in-cheek apology on his website. That's when he changed Benoit's name and the Capital Hoedown name.

"I made up a silly little nickname that, admittedly, was very immature, but I was feeling kind of immature at the time," said Harris, who described himself as "very outspoken."

A person showed up on his doorstep on Feb. 26 to hand-deliver a legal notice that he was being sued for defamation.

Harris says he stands behind his first blog post and said it was based on fact. But after the first legal letter, he said he changed Benoit's name to at least keep him from Internet searches.

Harris said he's preparing a statement of defence. There will be a fundraiser for his legal fees at the Rainbow Bistro on April 3.

Both Benoit and Collings were out of the country and could not be reached for comment at press time.

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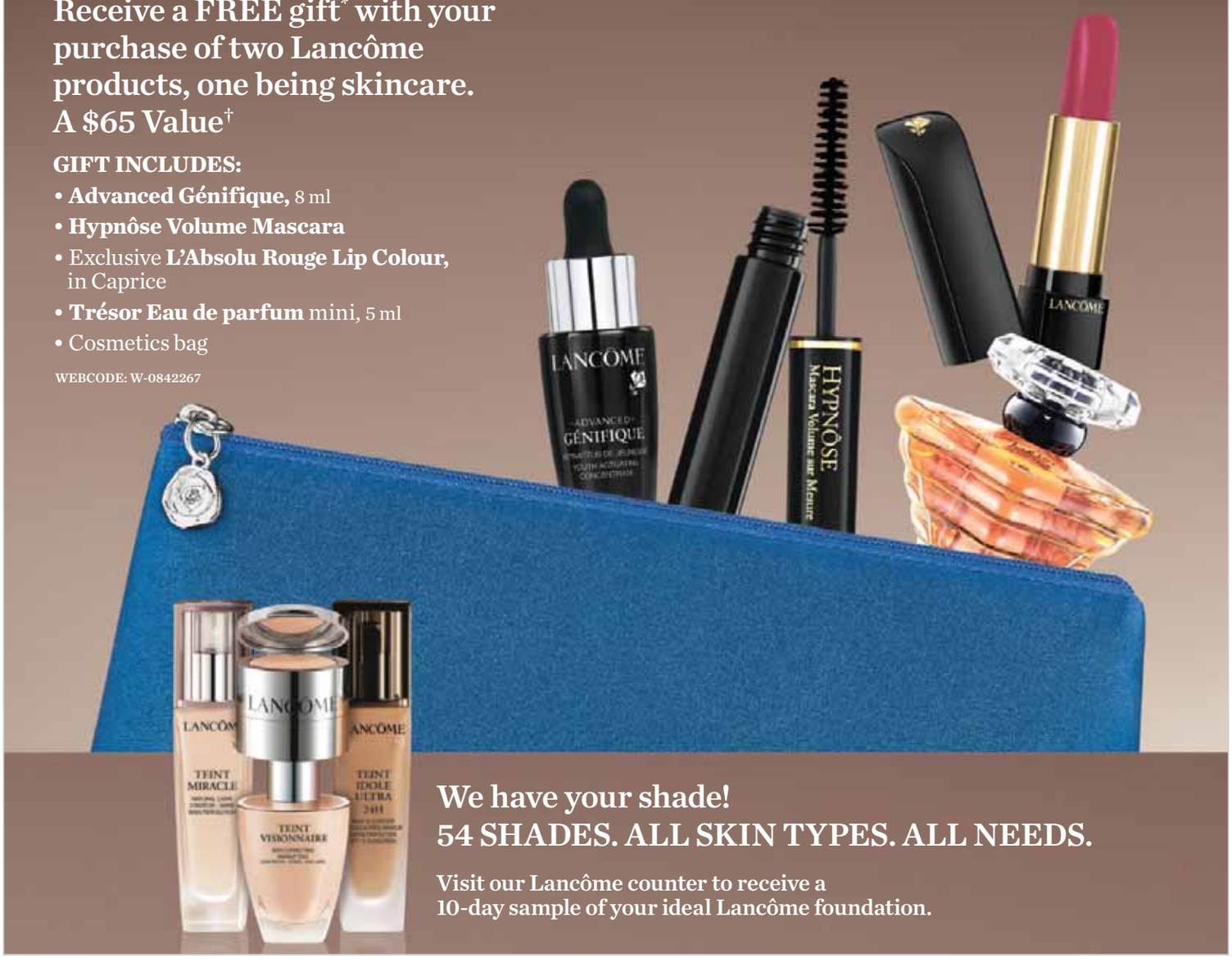

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Vigil for Loretta Saunders sounds call for federal inquiry

Parliament Hill. Murder of university student marks disproportionate danger for aboriginal women in Canada

SEAN MCKIBBON
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Canadians care about missing and murdered aboriginal women, such as Loretta Saunders, but does the government?

It was a question asked repeatedly by speakers at a vigil held for Saunders at noon on Parliament Hill Wednesday. Saunders, 26, was reported missing in Halifax on Feb. 13. Police found her body in New Brunswick on Feb. 26. She was a student at Saint Mary's University working on a thesis about the disproportionate number of disappearances and murders of aboriginal women compared to the rest of the Canadian population.

"We've come together today to say it's not just about one woman like our beloved Loretta nor even 10 nor 50 nor 100, but 800 of our women are gone," said her cousin Holly Jarret, her voice quaking with emotion as she stood on the steps of the parliament buildings. "We won't stop, nor can we until we find out what happened."

Jarret and others hammered home that aboriginal victims of violence are just as loved and cherished as any Canadian and play central roles in their families.

The day before her cousin's body was discovered, Jarret told the crowd she reconnected with her own mother because Loretta's mother had called her.

"She explained that we're a family and Loretta knew my mom and I didn't talk and she would be very happy when she came home to know that such a good thing had come from her being missing. I've talked to my mom every day since."

Nova Scotia Native Women's Association president Cheryl Maloney said she'd been buoyed by the outpouring of support for Saunders' family from the community in Halifax and from people across the country, but she questioned the government's commitment to tackling the problem, because it has resisted calls for an inquiry. Maloney said many people had approached her asking who would complete Saunders' thesis and if they can help.

"Maybe it wasn't up to one person to finish Loretta's thesis," she said. "Maybe it was up to all of us as Canadians."

Holly Jarret fights back tears as she speaks about her cousin Loretta Saunders, who was missing and then discovered murdered Feb. 26. SEAN MCKIBBON/METRO

Snack attack: Daycare's zero-tolerance policy snares girl, 2

Faith spends a little enforced quality time at home Wednesday with her father, Randy Murray.
STEVE COLLINS/FOR METRO

A two-year-old girl got a three-day suspension from her Ottawa daycare Monday. Her offence: Possession of a contraband cheese sandwich.

Randy Murray was packing his daughter Faith and son Michael off to the Centre de l'enfant aux 4 Vente in Barrhaven Monday morning, but they'd missed breakfast, so he made the sandwiches to eat in the car en route. Faith popped hers in her pocket instead, and when a staff member found it, her suspension was automatic.

The daycare has a strict ban on outside food to protect children with severe allergies.

"This wasn't a packed lunch or intentionally brought in," Murray said. "This was purely accidental by a two-year-old."

Nancy Brisebois, assistant director at Centre de l'enfant aux 4 Vente, said she couldn't discuss the specific incident, but that the French-language centre clearly communicates their policy, which includes automatic expulsion for possession of peanut butter, to parents.

"Upon enrolment, parents must sign a contract which they review and we review with them, and this contract specifically mentions that we have zero tolerance," she said.

Murray, who doesn't speak French, thought a warning would have been more reasonable under the circumstances. "The automatic suspension kinda got right under my skin," he said.

Faith, Murray said, won't be going back to the centre when her sentence is up: "We've decided that I'm going to take off (work) and be Daddy Daycare for the time being until we can line somebody else up. I feel too strongly about how this all kind of played out."

STEVE COLLINS/FOR METRO

The University of Ottawa Gee-Gees after taking down the formerly undefeated Carleton Ravens at the Ontario University Athletics championship last weekend. CONTRIBUTED

Gee-Gees full of confidence heading into CIS hoops Final 8

CIS. Fresh from giant slaying of nine-time national champs the Ravens, the top seeded Gees must now focus

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For the past four years, Ottawa Gee-Gees shooting guard Johnny Berhanemeskel has been asked the same question about varsity basketball: "How do you beat the Carleton Ravens?"

But this week, the question has been slightly modified to, "How did you beat the Carleton Ravens?"

It may have taken seven long years, but it did happen this past weekend at the Ontario University Athletics Wilson Cup in Toronto.

The Ottawa Gee-Gees trumped the formerly undefeated Ravens in a thrilling 78-77 victory.

The win gives the Gee-Gees the number one seed heading into this weekend's Canadian Interuniversity Sport Men's Basketball Final 8 tourney — a program first for the University of Ottawa.

Shake it off

"It was just a great team win to have and a good little monkey to get off our back going into nationals this weekend."

Gee-Gees guard Johnny Berhanemeskel, on defeating the previously undefeated Carleton Ravens last weekend.

And although it's hard to ignore the buzz, Gee-Gees head coach James Derouin doesn't want the big weekend win to go to his player's heads.

"Would I trade confidence for focus? That is going to be my challenge as their coach is feeding into the confidence, but actually trying to get these guys refocused," Derouin told Metro Wednesday, two days before the Gee-Gees open the tourney against the University of Saskatchewan Huskies Friday night.

"If I am able to do that then we can play pretty well this weekend, but if one circuit takes over the other, we could be in trouble."

But the underdog story really is too good to ignore. Down by 10 points with less than three minutes left in the game, the Gee-Gees went on an 11-0 run with Berhanemeskel sinking the winning shot with just five seconds on the clock.

"It was just a great team win to have and a good little monkey to get off our back going into nationals this weekend," said the Gees-Gees star guard.

"It was a nice little treat before the big dance this weekend."

The 'big dance'

Can Gee-Gees take down reigning champs?

The Gee-Gees hope the "big dance" will culminate with a gold medal date with the tournament favourite Ravens, who have won nine of the last 11 CIS championships, but they have at least two opponents standing in the way, starting with the Huskies.

"We know that (the Ravens) will be there, whoever they have to get through they will be fired up to play us again, as long as we can get there," said Gee-Gees guard Johnny Berhanemeskel. "It would be good for the city, good for CIS and will be just a good national championship."

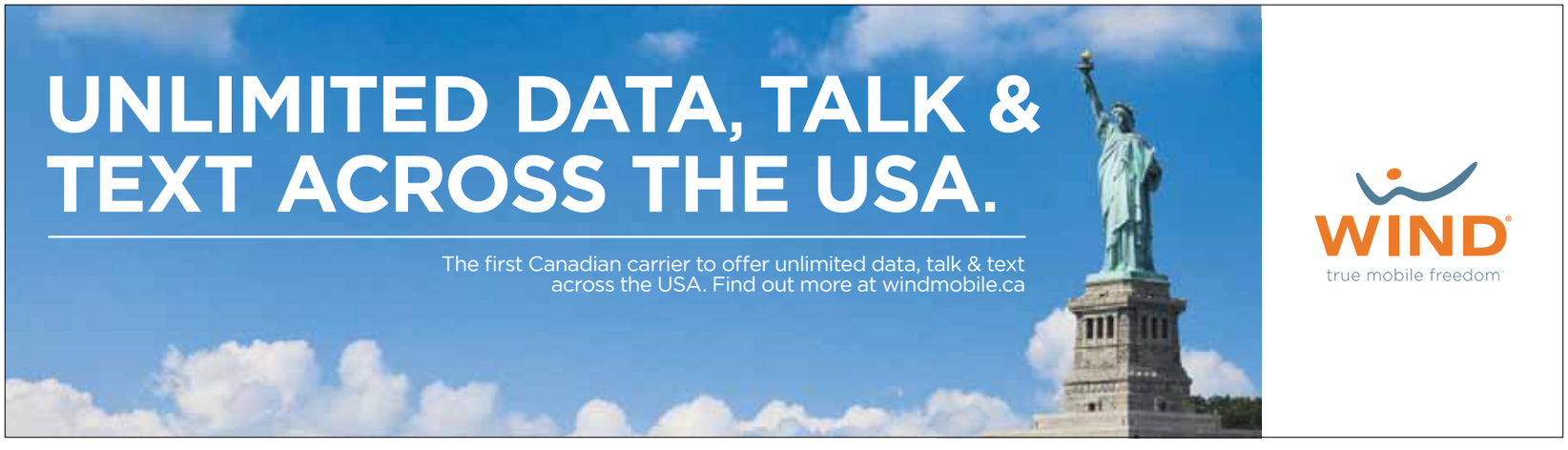
The Ravens, who went 22-0 this season but dropped their playoff final to the Gee-Gees, open up the national tournament against McMaster University Friday.

Who plays who and when?

Quarterfinals, Friday March 7:

- **12:30 p.m.** — SMU Huskies vs. Alberta Golden Bears
- **2:30 p.m.** — McMaster Marauders vs. Carleton Ravens
- **5:30 p.m.** — McGill Redmen vs. Victoria Vikes
- **8 p.m.** – Ottawa vs. Saskatchewan Huskies

***Semifinals on Saturday**
***Finals on Sunday**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Bayview Yards industrial site to become $30 million innovation hub

prototypeD. City to rent out market value and subsidized office space for startups

LUCY SCHOLEY
lucy.scholey@metronews.ca

Ottawa Coun. Katherine Hobbs, Mayor Jim Watson and prototypeD CEO Janak Alford check out the new design for the Bayview Yards industrial complex on Wednesday. LUCY SCHOLEY/METRO

There's not much to the rust-and-graffiti-covered walls at the old Bayview Yards industrial complex, but there's a chance some of the rugged industrial character of the space will live on after a $30 million makeover turns the building into Ottawa's new innovation hub.

The city is working with prototypeD, an architecture and design company, to revamp the nearly 70-year-old building at 7 Bayview Yards. City officials and stakeholders toured the former car repair garage on Wednesday morning and tried to envision the corporate offices, community space, café, and digital media lab inside the walls of the 46,000-square-feet of space.

"It's not just about innovation, it's about the broader community and re-invigorating this part of the city," said Mayor Jim Watson, beside Coun. Katherine Hobbs and prototypeD founder and CEO Janak Alford.

The province is contributing $15 million to the new innovation hub and the city is pitching in the same amount.

"We're really hoping to maintain the elements of the building that are really kind of unique" said Alford. "You've got this cool industrial heritage, this kind of loft feeling throughout the whole thing, and we're going to be looking at really accentuating that through some modern designs."

The first phase of the new innovation hub is due to be completed in 2016, but it has yet to be approved by the finance and economic development committee and council.

A second phase, which will include an outdoor courtyard and tower, will be built a few years later, depending on whether there are enough interested tenants.

Quoted

"We're really hoping to maintain the elements of the building that are really kind of unique."

prototypeD founder and CEO Janak Alford

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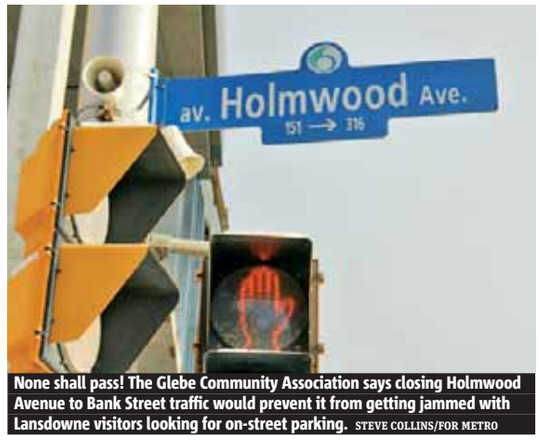
Glebe residents want solutions now, not later



None shall pass! The Glebe Community Association says closing Holmwood Avenue to Bank Street traffic would prevent it from getting jammed with Lansdowne visitors looking for on-street parking. STEVE COLLINS/FOR METRO

Company's coming — lots of it — but residents living near a redeveloping Lansdowne Park worry the city's not doing all it can to prepare for looming traffic and parking challenges.

Brian Mitchell of the Glebe Community Association took issue — at a Wednesday city transportation committee meeting — with what he called the city's 'wait-and-see' attitude, monitoring the area for problems as Lansdowne comes online, instead of preventing them.

Mitchell recommended special resident parking permits within three blocks of Lansdowne and closing access from Bank Street to Holmwood Avenue.

"These are no-cost measures that will give the residents some feeling that the city is listening and is taking pro-active action to get ready for Lansdowne's opening," said Mitchell.

Staff warned committee members that agreements with OSEG could limit the city's options when it comes to regulating parking in the area.

But committee chair Keith Egli pointed out that OSEG also has a vested interest in avoiding traffic and parking headaches in the area.

"What happens to your investment," he asked OSEG's CEO Bernie Ashe, "if people can't get in and out of Lansdowne efficiently and get there for beginning of the game or the beginning of the concert?"

"It's a disaster," Ashe replied.

"Clearly we need to have a positive experience for anyone that visits Lansdowne, particularly at events, because the fan experience starts from the minute they leave their house to the minute they return home."

The committee did take one concrete traffic measure, voting unanimously to reduce the Bank Street's speed limit to 40 km/h between Riverdale Avenue and Chamberlain Street. STEVE COLLINS/FOR METRO

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Former Godspeed drummer scores Juno nod with Esmerine

Dalmak. Nomination for instrumental album of the year a surprise, artist says

TREVOR GREENWAY
trevor.greenway@metronews.ca

Bruce Cawdron may have already scored Canada's most prestigious music prize last year, but the former drummer of Godspeed You! Black Emperor is still jazzed about landing a Juno nod with his other band, Esmerine.

The Wakefield-based percussionist — and his revolving door of bandmates who hail from Montreal, Guelph and Istanbul — is up for instrumental album of the year for his fourth LP, Dalmak.

Although he already has a Polaris Music Prize under his belt, Cawdron was still surprised to get the Juno call.

"We didn't think that perhaps the record would be recognized that way, so it's just interesting," he told Metro. "It's always nice to get a little nod like that."

Dalmak brings the ear on a multi-layered musical journey that is sometimes as haunting as it is beautiful. Layers of soundscapes both dark and hopeful are created by everything from marimba, drums, cello and guitars to foreign instruments like the bendir, barama and saz. The entire album has an eastern European feel that can take the mind to far away places.

"This last record ... it was really a lot of everybody bringing a few little things to the table," said Cawdron, adding that the band's time spent in Turkey has given their music some of that country's flair.

A taste of Turkey

"Naturally that influence is going to make itself felt in the music."

Percussionist Bruce Cawdron, on the band's time in Turkey.

"Naturally, that influence is going to make itself felt in the music — playing with those other folks like that and then listening to Anatolian and southeastern Europe music ... (it's) going to make its presence felt."

Esmerine is up against Montreal-based saxophone player Colin Stetson, Manitoba electronic rockers Mahogany Frog, former Ottawa musician Petr Cancura and Vancouver's The Peggy Lee Band for instrumental album of the year.

This year's Juno Awards take place March 30 in Winnipeg.

Esmerine is up for instrumental album of the year at this year's Juno Awards. CONTRIBUTED

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CHEO BBQ gets set to light up summer fun

Frisbees, volleyballs and barbecue will kick off Ottawa's summer festival season.

Children's Hospital of Eastern Ontario will host its 22nd annual barbecue fundraiser on June 14 at Shefford Park. Last year they raised $75,000 with an overall running total of $500,000.

"It's the BBQ that could," jokes Mike Marchago, co-founder of the CHEO BBQ.

The BBQ began in 1993 as a backyard birthday party among friends. "It snowballed out of control and started doing good for the community so we stuck with it," says Marchago.

Anyone over the age of 16 can sign up for CHEO BBQ's ultimate Frisbee and beach volleyball tournaments. Proceeds are raised through pledges and donations, as well as the silent auction, which will offer everything from Ottawa Senators tickets to restaurant coupons.

The Wireless AMBER Alert Family Zone will provide a space for kids to enjoy games, arts and crafts, as well as performances by Radical Science and Little Ray's Reptiles. Taking a page from CHEO's campaign "Be a superhero for CHEO," it will feature a five-kilometre Superhero Family Walk.

Some $500,000 has been raised for CHEO over the last 14 years through a community barbecue. The event takes place this year on June 14 and organizers are looking for volunteers. TREVOR GREENWAY/METRO

After a full day in the sun, people can head over to the BBQ. "We offer steak dinners for all team participants," says Marchago. And for the adults, there will be a beer tent where people can go to cool off.

Marchago describes CHEO BBQ as having a fairground atmosphere.

Although it has grown over the years, it remains family-oriented. "It's still got that backyard flavour," says Marchago.

Registration for CHEO BBQ opens April 15th. For more information visit cheobbq.com.

TANYA KIRNISHNI/FOR METRO

More relaxed pot laws considered

Criminal Code. As it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to five years

The federal Tories are considering more lenient pot laws, Peter MacKay said Wednesday. TORSTAR NEWS SERVICE FILE

The Conservative government is seriously considering more lenient marijuana laws that would allow police to ticket anyone caught with small amounts of pot instead of laying charges, Justice Minister Peter MacKay said Wednesday.

"We're not talking about decriminalization or legalization," MacKay said following the weekly Conservative caucus meeting on Parliament Hill.

"The Criminal Code would still be available to police, but we would look at options that would ... allow police to ticket those types of offences."

Prime Minister Stephen Harper is open to such an approach, he added.

MacKay has hinted in the past that such a move was under consideration. The country's police chiefs — as well as some Tory caucus members — have long called for ticketing people for pot possession instead of laying criminal charges.

But MacKay has also been among the Conservatives' fiercest critics of Liberal Leader Justin Trudeau's stance on the issue. Trudeau supports the legalization of marijuana, a position the Tories have mocked with gleeful abandon. THE CANADIAN PRESS

Marois rallies for election

Quebec Premier and Parti Québécois Leader Pauline Marois calls for a general provincial election, while standing in front of her cabinet on Wednesday in Quebec City. Quebecers will go to the polls April 7 with the Parti Québécois chasing a majority government that could eventually march the province toward another independence referendum.
JACQUES BOISSINOT/THE CANADIAN PRESS

Still probing

Provincial police overseeing Ford investigation

Ontario's provincial police are now overseeing an investigation into the activities of Toronto's Mayor Rob Ford, who has repeatedly attacked the legitimacy of the probe, Toronto's police Chief Bill Blair said Wednesday.

Ford's lawyer immediately denounced the oversight change, which leaves senior city investigators on the case, as "meaningless."

In a letter to OPP Commissioner Chris Lewis, Blair laid out his reasons for asking his provincial colleagues for help.

"I am taking this step to avoid the distractions that have assumed such recent prominence," Blair said in the letter.

Ford, who has vociferously challenged the chief to arrest him, has branded the investigation political. He has publicly accused Blair of wasting tax money — with little result.
THE CANADIAN PRESS

UN envoy threatened, driven from Crimea by armed men

Ukraine. Officials say Robert Serry was not kidnapped and is 'in good shape' after being confronted by men with weapons

A special UN envoy cut short his mission in Crimea on Wednesday after being threatened by 10 to 15 armed men and ordered to leave the region, UN officials said.

After a confrontation that began as he was leaving naval headquarters and continued at a café, envoy Robert Serry was driven to Simferopol airport by the men and was flying to Ukraine's capital to continue his fact-finding mission, the officials said.

On Friday, UN Secretary-General Ban Ki-moon asked Serry to go to Crimea as part of the fact-finding mission. Serry, who is currently the UN Mideast envoy, initially decided against going after consulting with authorities in the region. But UN Deputy Secretary-General Jan Eliasson said Serry later decided it was important to go, given the "dramatic circumstances."

Ukrainian officials reported earlier Wednesday that Serry had been kidnapped. But Eliasson denied that. He said Serry was threatened by the armed men, but was not abducted.

THE ASSOCIATED PRESS

Quoted

"I'm safe. My visit was interrupted for reasons that I cannot understand."

UN envoy Robert Serry

Police try to separate clashing pro-Russia demonstrators and supporters of the new Ukrainian government in Donetsk, Ukraine, Wednesday, where hundreds of demonstrators waving Russian flags stormed a government building. The region is the home city of fugitive president Viktor Yanukovych, who fled the country after protests in Kyiv. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Canadian perspective

Russia is in 'violation of international law': Harper

Canada will send two observers to join an unarmed military mission in Ukraine and will impose more sanctions on the regime of fugitive Ukrainian President Viktor Yanukovych, Prime Minister Stephen Harper said Wednesday.

"Russia's invasion of Ukraine is a clear violation of international law," Harper said in a statement.

THE CANADIAN PRESS

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Meet Jessica.
She's a recent University of Ottawa graduate who now attends Algonquin College.
Find out why.
algonquincollege.com/Jessica
ALGONQUIN COLLEGE

As world leaders meet in Paris, France sends Russia a warship

Ukraine. Country finds itself wedged between diplomatic efforts and its economic interests

French-built warship BPC Vladivostock leaves the Saint-Nazaire harbour in France Wednesday. DAVID VINCENT/THE ASSOCIATED PRESS

A French-built warship designed to strengthen Russia's ability to deploy troops, tanks and helicopter gunships is getting its first test run Wednesday — just as Western powers are trying to rein in Russian President Vladimir Putin's military threat to Ukraine.

A spokesman for the shipbuilder says the Vladivostok helicopter carrier is setting sail from the French Atlantic port of Saint-Nazaire. A few hundred kilometres away in Paris, France's government is hosting American, Russian and other leading world diplomats Wednesday amid mounting tensions over Ukraine.

The warship is part of a $1.8-billion deal that marked the biggest-ever sale of NATO weaponry to Moscow, a deal that already raised eyebrows both within Russia's military circles and among France's Western allies in 2011.

France has criticized Russia's military incursion into Ukraine's Black Sea peninsula of Crimea, but says it has no plans to scrap the defence deal.

That's because France, like many of Russia's European trading partners, has found itself wedged between efforts to squeeze Russia diplomatically and its own economic interests. The French government's top priority is reviving its lacklustre economy and battling unemployment, and this deal underpins some 1,000 jobs.

The Vladivostok is on track to be delivered by the last quarter of this year, said spokesman Emmanuel Gaudez of DCNS, a state-backed naval shipbuilder manufacturing the warships along with South Korean-controlled shipbuilder STX.

A few Russian customers and military personnel are to visit the ship later this month, and a larger Russian delegation is expected in June, company officials said.

"But now with what's happening in Ukraine, perhaps they have other priorities — I don't know," said a CGT labour union delegate on the STX board. THE ASSOCIATED PRESS

Iran

Tehran told to clear up nuke fears to ease sanctions

A U.S. envoy told Iran on Wednesday that it can expect relief from sanctions if it clears up suspicions it worked on nuclear arms, but Tehran said claims that it did so are "baseless."

The exchange reflected obstacles to an agreement that would end concerns Iran is interested in atomic weapons. THE ASSOCIATED PRESS

Sweden

Aid to Uganda cut over anti-gay legislation

Sweden has joined other countries in halting aid to Uganda after the nation strengthened anti-gay legislation last week. A spokesman for the Foreign Ministry said Wednesday that Sweden will immediately cut aid worth $1 million US to Uganda's government.
THE ASSOCIATED PRESS

Tunisia

Blogger jailed for Muhammad cartoons freed

The lawyer for a Tunisian blogger sentenced to seven years in prison for posting cartoons deemed insulting to the Prophet Muhammad says her client was freed late Tuesday. Bochra Belhaj Hamida said Wednesday that Jaber Mejeri had left prison, and measures were being taken to ensure his safety. THE ASSOCIATED PRESS

Somalia

Al-Shabab claims to have executed three spies

Somalia's al-Qaida-linked group says it has killed three men it accused of being spies for Somalia and France. A self-proclaimed judge for al-Shabab said on the group's radio station Wednesday that the three men had been killed by firing squad in the town of Barawe. THE ASSOCIATED PRESS

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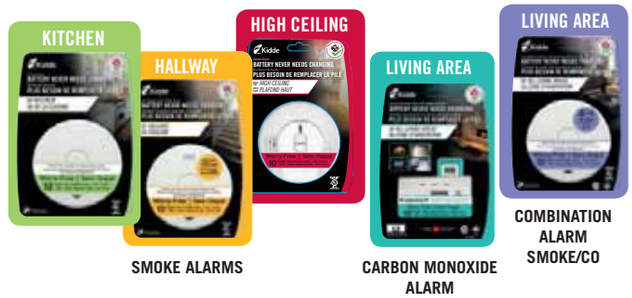

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Technologies That Save Lives

A worker stirs guacamole at a Chipotle restaurant in Miami, Fla., on Wednesday. The fast food chain is tossing around the idea that it would temporarily suspend sales of guacamole due to climate change. JOE RAEDLE/GETY IMAGES

Chipotle: climate change could end your guacamole

Bland burritos. Chain could drop avocado spread off its menus

Climate change could knock your favourite fast foods off the menu.

Restaurant chain Chipotle is warning that it may have to temporarily stop serving guacamole or certain salsas in the event of extreme weather because of climate change.

"Increasing weather volatility or other long-term changes in global weather patterns, including any changes associated with global climate change, could have a significant impact on the price or availability of some of our ingredients," the restaurant said in its annual report released last month.

If climate change makes a key ingredient, such as avocados, too expensive, Chipotle says it may have to pull dishes like guacamole from the menu instead of paying the higher price for the raw ingredients.

Chipotle pointed to droughts in the U.S. over the past two years, which have driven up the price of beef, as an example of the type of extreme weather they're worried about.

Professor Sylvain Charlebois, at the University of Guelph's College of Management and Economics, says restaurants have good reason to worry. She, too, points to the ongoing drought in California, which is driving up the price of lettuce, strawberries and almonds. TORSTAR NEWS SERVICE

No salsa either

Chipotle is not the only fast-food company worried about climate change

- **McDonald's** cites concerns over "effects of climate change, greenhouse gases, energy and water resources," in its latest annual report.
- **Tim Hortons** says, "Over time, climate change may result in changes in sea levels, weather and temperature change, disease and pest levels, drought and fires, and resource availability," also in its last annual report.

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"Number one job site" based on six-month average online job postings for period ending January 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

WHO's new sugar target: About six teaspoons a day

Pushback. Nutritional experts say food industry would need to dramatically reformulate products to meet the targets

Nutrition experts warn us to try to limit our intake of added sugars but few authoritative voices offer guidance on how much to consume.
JONATHAN HAYWARD/THE CANADIAN PRESS

The World Health Organization is again urging people to lower the amount of sugar they eat, suggesting there are health benefits to restricting so-called free sugars to less than five per cent of one's dietary intake.

For the average adult, that would be about six teaspoons (30 millilitres) of sugar a day — less than the sugar contained in a single can of sugar-sweetened soda. For children, it could be as low as three teaspoons (15 ml) of sugar a day, said Dr. Francesco Branca, director of the WHO's department of nutrition for health and development.

In draft recommendations issued Wednesday, the Geneva-based global health agency said people should limit their intake of sugar to no more than 10 per cent of their daily calorie intake, but if they could get to five per cent, that would be better.

"The five per cent would probably be the ideal one and the 10 per cent is the more realistic one," Branca said.

Both would likely be a stretch for many Canadians.

The most recent Canadian data, from the 2004 Canadian Consumer Health Survey, shows that on average Canadians consumed 110 grams of sugar a day that year — the equivalent of 26 teaspoons (130 ml) of sugar. Sugar calories made up 21.4 per cent of the average Canadian's total calorie intake.

THE CANADIAN PRESS

You love your cat...
but not the allergy

Cat allergy symptoms such as itchy and watery eyes, sneezing and stuffy nose can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

CATALYST
The cat allergy study

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

To learn more, please contact:
613-725-2102 ext 224
www.yangmedicine.com

www.thecatallergystudy.com

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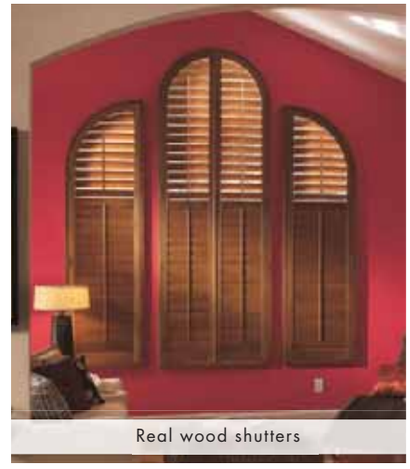

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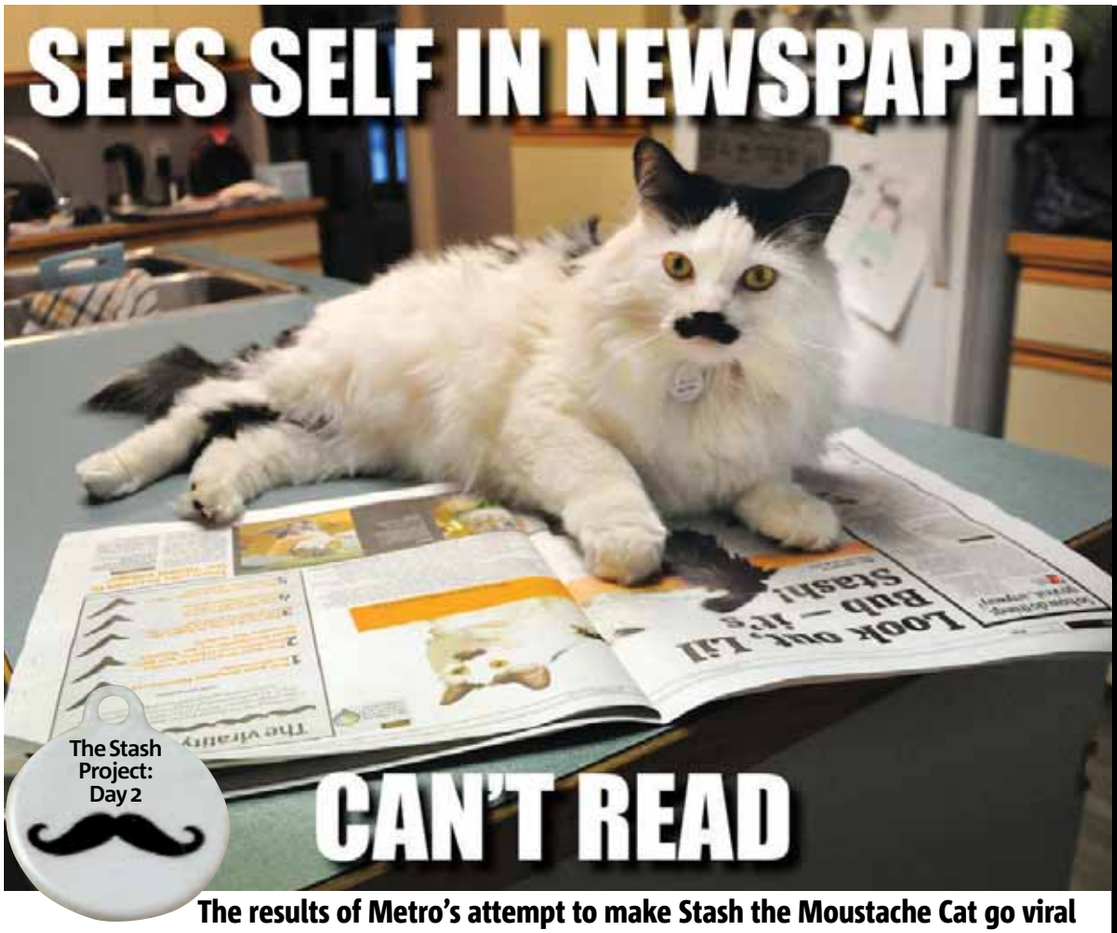


The results of Metro's attempt to make Stash the Moustache Cat go viral

SHANE GIBSON
Metro in Winnipeg

After giving Stash four weeks to blow up online, we called San Francisco-based social media expert Tim Hwang again to see what he thought of how we did ...

At first he said he was impressed, but when pressed Hwang admitted he thought we would have garnered even more followers than we did, simply because making cats popular online is, for lack of a better term, like shooting fish in a barrel.

"You guys picked up on one key thing, cats, which are already extremely popular on the Internet," he said, explaining that our numbers show we did well "locally," or within a particular online community, but that we didn't get the massive exposure needed to be considered hugely viral. "There are memes that sort of spread over the entire Internet, and that's an incredibly rare thing — it's sort of like lightning striking two or three times all in the same place.

"The factors that cause a piece of content to do that are really obscure, and it's an active and ongoing field of research just to try to figure out exactly what causes it."

Hwang, who researched Internet culture at Harvard University's Berkman Centre for Internet and Society, said Stash could still eventually go hugely viral even without our help.

"There's a lot of cases where content that is old and cold and dead comes back to life inexplicably," he said. "Some weird things can happen like that, where content gets rediscovered over time."

Why do cats run the Internet?

"I think cats are built ready for the Internet. They are small, cute ... and often get themselves in accidents that are funny." Tim Hwang

Stash's hashtags

Cracking the virality code

It's not just national free daily newspapers wondering why things go viral — Hwang said a lot of people are paying big money to research the phenomenon.

"It's interesting because on some level (kittens becoming famous on the Internet) is kind of 'ha-ha' funny ... but there's a lot of interest from a number of very surprising quarters in trying to decide why things become popular online," he said.

"It's everything from academics to the private sector. Obviously advertisers are always trying to unlock this code."

But Hwang said there's an even darker element than advertisers hoping to get to the bottom of virality: politicians and governments are foaming at the mouth to know the secret too.

"That's where it turns to something that's actually a little more concerning," he said. "Because maybe the principles that allow a kitten to become famous online are the same things that can be used to destabilize a country.

"It's just funny to me, of course, that something like cats on the Internet are at the centre of it."

Online

For a video and photos of Stash and more, go to metronews.ca

TIM HWANG'S BENCHMARKS OF SUCCESS

1 How many Instagram followers can we accumulate? We accumulated 1,050 Instagram followers in a month. ✓

2 How many images can we collect from followers? (That is, how many times did someone use our "template" to create a new meme?) Trying to make Stash a meme failed, although one person did upload a macro of Stash to Instagram.

3 How much action on Reddit, the self-proclaimed front page of the Internet, can we generate? We posted photos of Stash to reddit/r/cats, and they got about 300 upvotes. ✓

4 How much traffic can we drive to Stash's website, stashthemoustachecat.com? Traffic to Stash's website rose about 3,000 per cent, but that's because he had virtually no traffic before he started posting on Instagram. ✓

5 How many views of Stash's Imgur pictures can we achieve? Views of Stash's pictures on Imgur totalled about 7,000 views, mostly from Reddit traffic. ✓

Managing an internet cat

IRENE KUAN
Irene.Kuan@metronews.ca

The cat-pic community on Instagram is unlike any other. In Internet-cat land, everybody is nice, and there are no cyberbullies to be found.

Metro Winnipeg's managing editor Elisha Dacey knew she had a star kitty. Stash was born with a Chaplin-like mark on his upper lip (OK, fine, it's a Hitler-like mark, which makes Stash a member of the subgenre of e-kitties affectionately known as #kitlers).

In four weeks time, after posting 152 photos (#catoftheday), Stash went from an Instagram newbie to having 1,050 followers.

Stash did have a physical advantage over other cats, but there were several things to keep in mind when growing his new Instagram account, and I quickly realized that not everything goes viral without work.

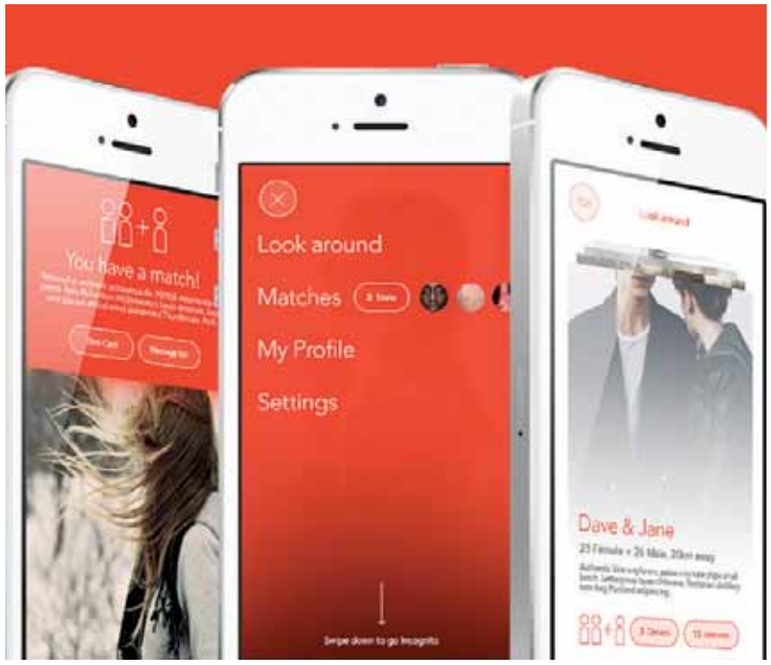
Lesson 1: Decide on a personality Most viral cats capitalized on their appearance, but there were so many moustache cats (#moustachecat, #hipstercat) out there. I decided Stash was a friendly but vain cat.

Lesson 2: Hashtags Adding hashtags gave my photos more presence. There appeared to be no such thing as going overboard with hashtags, as long as I didn't add so many that they crashed my browser.

Lesson 3: Make some friends I had to stop being shy about talking to other Instagrammers, so I started stepping out: liking and commenting first on other accounts (#follow4follow).

Lesson 4: Never ignore compliments This was the most time-consuming part of this experiment — to answer every comment, say thanks to every compliment and like back photos of users who liked Stash's photos.

Lesson 5: Be active Don't disappear from posting for too long — not even for half a day.



Three's a very welcome crowd on 3nder

Fancy a threesome? Dimo Trifonov, the London-based entrepreneur behind dating app 3nder, thinks you do. The spin-off of location-based hookup apps like Tinder and Grindr aims to remove the seedy stigma attached to the ménage à trois. Seeking a threesome "should be something that doesn't make you feel like a sexual freak," Trifonov says. The app is currently in beta mode, but already has 23,000 subscribers. METRO WORLD NEWS

Virtual bank robber to blame for fall: Flexcoin

Digital currency.
Alberta 'bank' focused on bitcoins folds after it claims attacker 'exploited a flaw in the code'

An Alberta-based online "bank" specializing in bitcoins is blaming a technical flaw for the theft of its digital currency that forced it to close its doors this week.

In a statement on its website Wednesday, Flexcoin says 896 bitcoins were stolen from its online vault. That translates into a loss of about $600,000, based on bitcoin's current trading value.

"Flexcoin was attacked and robbed of all coins in the hot wallet," the company reported on its website. "As Flexcoin does not have the resources, assets or otherwise to come back from this loss, we are closing our doors immediately."

An email to the company requesting comment was not immediately returned. But the website did provide details on how the company thinks the theft happened.

"The attacker successfully exploited a flaw in the code which allows transfers between Flexcoin users," it said.

Flexcoin said by sending thousands of simultaneous requests, the attacker was able to move coins from one user account to another until the sending account was overdrawn.

"This was then repeated through multiple accounts, snowballing the amount, until the attacker withdrew the coins."

A line in the company's terms of service says it doesn't insure any of the bitcoins stored on its system nor is it "liable for any lost bitcoins."

THE CANADIAN PRESS

Background

Since its creation in 2009, bitcoin has become popular among tech enthusiasts and risk-seeking investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like bitcoin for the same reasons.

Ford scandal helps Star boost its bottom line

The Toronto Star's coverage of scandal-plagued Mayor Rob Ford helped stabilize profits at parent company Torstar Corp. in the fourth quarter, but it wasn't the sole reason for the improved results, company executives said Wednesday.

"If that were the case, the results would be even bigger," laughed John Cruickshank, the newspaper's publisher and president of the Star Media Group, when asked in a conference call what role the controversial Toronto mayor played in the company's latest earnings.

"This really was our revenue sources across all of the spectrum getting closer to historical levels."

Robyn Doolittle, Toronto Star reporter and author of Crazy Town: The Rob Ford Story, with TV host Seth Meyers on Feb. 26. PETER KRAMER/NBC/GETTY IMAGES

The Toronto-based media company, which holds a 90 per cent stake in Metro newspapers for English Canada, reported net income of $20.6 million in the three months ended Dec. 31, little changed from $21.1 million a year earlier. Net income per share was unchanged at 26 cents; adjusted earnings fell one cent to 48 cents per share.

THE CANADIAN PRESS

Market Minute

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TSX
14,304.17 (+14.31)

OIL
$101.45 US (-$1.88)

GOLD
$1,340.30 US (+$2.40)

Natural gas: $4.57 US (-$0.09)
Dow Jones: 16,360.18 (-35.70)

Weapons

Facebook to delete posts for illegal gun sales

Under pressure from gun control advocates, Facebook agreed Wednesday to delete posts from users seeking to buy or sell weapons illegally. THE ASSOCIATED PRESS

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OPENING THE LID ON OPIOIDS

HE SAYS

John Mazerolle
metronews.ca

How did "a pain in the neck" come to describe an annoying person?

Because I have a pain in my neck keeping me home from work, and it's much more than annoying. When the doctor asked me to rate the pain on a scale of one to 10, I said I'd need a spinal tap because this one goes to 11.

OK, I didn't say that. What I said was: "OW makeitstop OW."

An annoying person should be a rug burn. Or a hangnail. Or a paper cut. All pretty good insults, come to think of it.

A "pain in the neck"? That should be reserved for the Atillas and Stalins and Trumps. History's greatest monsters.

This hurts so much that I've been watching Game of Thrones and after every decapitation I think, "Oh, that'd be sweet relief. Wish I was a traitor."

The good news is there's a silver lining — possibly lining the muscle in my neck, which would explain the throbbing. The doctor, seeing the brave way I was handling adversity, prescribed me a heavy-duty painkiller to provide relief. This means:

1) I get to take opioids.

2) I get to write about opioids.

3) If I write a lame column and make hack jokes about my doctor's handwriting, I can blame the opioids.

John's Guide To Prescription Painkillers

1) I joke around in this column, but you should never, ever abuse drugs that aren't liquor, beer, wine, snuff, cigarettes, cigars, marijuana, hash or coffee. And even then, only several times a month.

2) Try to look suspicious when you ask for your painkillers. That way, when the pharmacist makes a phone call and you check out, you get to act offended.

3) To check the effectiveness of the security cap, be sure to leave your medication alone in your living room for long periods of time. Better safe than sorry.

4) Remember to look under the rim for your chance at free drugs or one of seven 2014 Dodge Durangos.

5) All the drug-safety guidelines I read remind you to turn on the lights when you take pills. This is to ensure that you're not blind. If you are blind, call a doctor. Unless you've always been blind, in which case call a friend. They'd love to hear from you.

6) After a statistically significant sample of three Percocet, I can say the most interesting effect of opioids is that they don't make you feel good; they just make you feel less. Part of me had expected to have a Yellow Submarine/Twin Peaks vision trip, but really it was more of a Big Bang Theory/According to Jim trip. I didn't feel anything, other than hoping it would be over in the next 22 minutes.

And that's my guide to prescription painkillers. Now that I understand how powerful these drugs are, it makes sense to me that my doctor's handwriting is so scribbly! Am I right? Sorry, sorry. Dave's not here, man.

ZOOM

It's the circle of life

ANDREW BURTON/GETTY IMAGES

Human hamster wheel spins in N.Y.C.

Ward Shelley, top, and Alex Schweder, both professors, designers and artists, live in their art installation piece titled In Orbit on Wednesday in the Williamsburg neighborhood of the Brooklyn Borough of New York City. Shelley and Schweder are in the midst of living in the hamster wheel-like environment for 10 days; the wheel was designed complete with beds, desks, a kitchen and bathroom and chair for relaxing.

GETTY IMAGES

Working together through the grind

One wrong move by him or his fellow human hamster and they risk being thrown off. They are perched on opposite ends of the wheel, 180 degrees from each other, and must carefully co-ordinate their movements. When one walks, the other must walk in the opposite direction. When one stops, the other must stop.

"It's really an exploration of what it means to collaborate," Schweder said. "It's an exploration of trust between two people."

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

So, how about those new year's resolutions? Two months into the year, are you still hitting the gym, reading more, spending less and being an all-around saint? For those who have perhaps fallen off the wagon, here are some apps to help pick you back up.

Everest:

Whether it's to climb Mount Everest or just pay off your debt, this free iPhone app helps you get your goals in order — and follow friends (and strangers) as they progress with theirs.

Habit Clock:

Start your day "right" with this alarm clock/habit-forming app. After you hit snooze, Habit Clock keeps your morning on track by sending reminders to finish your predetermined morning habits.

Habit List:

You can't develop habits unless you track them, or at least that's the logic behind Habit List. The iPhone app lets you record your tasks, sends reminders and keeps you focused.

ISTOCK IMAGES

Comments

RE: Passenger's Sexist Note Left On WestJet Flight Stirs Pilot's Heated Response, published March 4

Here's a plan. Keep doing what you're doing and try not to be offended so easily. People will always have their own outlook on life, and no matter how skewed it is they have a right to believe in whatever they want. Further, they have a right to express their own incorrect, correct, or outrageous opinions. Why let someone's rant or comment get you down? Why vent in anger on Facebook? Why even give it a second thought? We call this the "Me Generation" because the majority of people have developed a large sense of self-entitlement and people tend to take every insult and impunity to heart. **disqus_z3LferpzrN posted to metronews.ca**

I disagree whole heartedly Disqus_z3LferpzrN. I do agree that everyone is entitled to their opinion. But there comes a point when the opinions are just not acceptable and when offered freely and openly like this they are open to the ridicule they deserve. This is SEXISM pure and simple and is not to be tolerated. As any kind of prejudice should not be tolerated. **TJE posted to metronews.ca**

For you to say that "any kind of prejudice should not be tolerated" is in fact extremely prejudicial and I will not tolerate it. Everyone has prejudice in their thinking towards something whether people like you like it or not, or even realize it or not. Some people are stupid. Some cultures are backwards. Some religions are horrible. I have the right to make such a judgment based on thoughtful study of the facts. **Rory Kyle Maxwell posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
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Pawtraits to the Rescue

Puppy mill activism.
Local photographer offers Ottawa an online resource for everything to do with dogs and snaps rescue canines

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Liz Bradley, founder of Ottawa Dog Blog, recently launched an initiative she calls Rescue Pawtraits — professional photos of rescue dogs looking for a new home.
ALL PHOTOS LIZ BRADLEY/ELIZABETH&JANE PHOTOGRAPHY.

Ottawa Dog Blog, a popular online community for local dog lovers, recently celebrated its sixth year on the web.

The site was launched by Liz Bradley, who calls the blog a resource for people in Ottawa about everything to do with dogs.

"It features dogs in Ottawa as well as rescues, dog stores and services, parks, and offers general information about training, behaviours, outstanding products and more," she explains.

Bradley was inspired to launch the site after taking to the Internet to seek advice and information about her own dog's health. Through speaking with other dog owners, she discovered her morkie, Paddington, had come from a puppy mill.

"When we got Paddington, I had no clue what a puppy mill was or that places like that even existed. I cringe at the fact that I unwittingly supported this horrendous industry," says Bradley.

She launched Ottawa Dog Blog in February 2008 as a way of making sure other potential owners didn't make the same mistake. "I want to give our community a place to find as well as to educate people about local animal shelters and about rescuing rather than buying a puppy. I had no idea and I feel it is my responsibility to make sure that I do something."

Today, Ottawa Dog Blog has thousands of readers from across the globe and an active social media presence. Bradley says the site has about 350 unique visitors a day from all over the world.

Its Facebook page also has more than 1,000 fans and Ottawa Dog Blog's Twitter account has more than 5,000 followers.

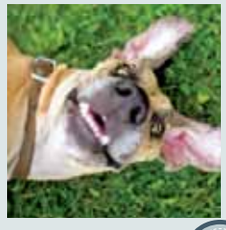
Blogging, though, isn't Bradley's full-time gig — she is a pet, family and wedding photographer.

Recently, she combined her love of dogs and photography by launching an initiative called Rescue Pawtraits — taking professional pictures of local rescue dogs in need of a new forever home and then circulating their photos and stories.

"In 2013, I photographed 87 rescue dogs, with almost all of these dogs finding homes within weeks of the images being released. I help get the pup's adorableness out after the photos are taken by posting on all of my own social media platforms, as well as the Ottawa Dog Blog ones," she says.

"I tell stories, not with words, with images. The stories in my Rescue Pawtraits celebrate the beginning of a new chapter for these special souls — the start of the rest of their new and better lives."

Want to rescue a cute dog?



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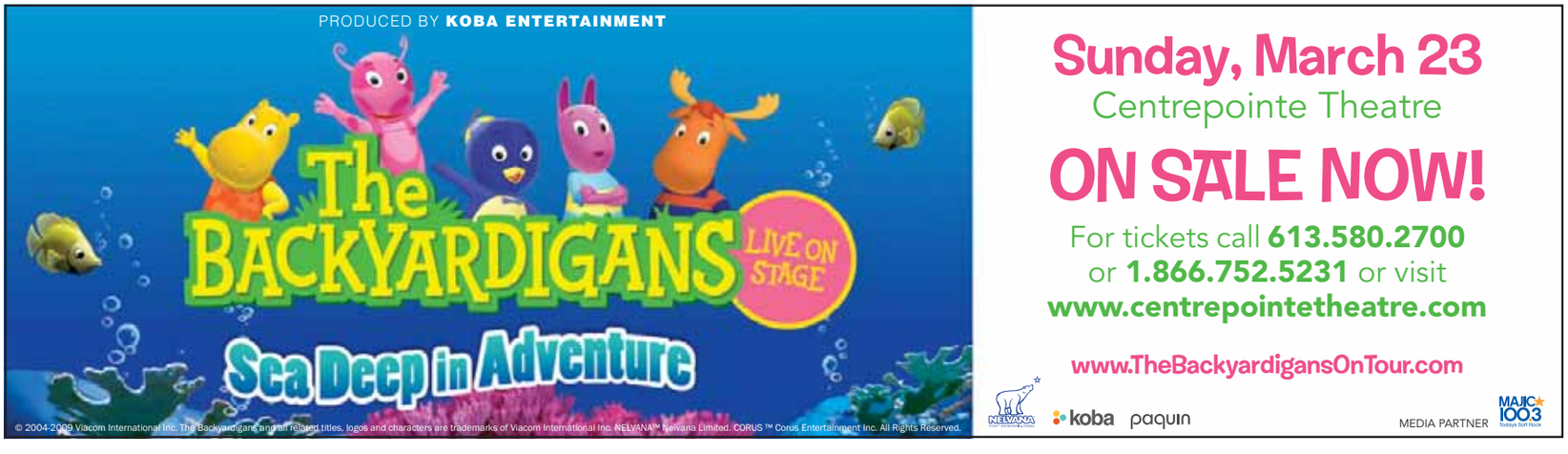
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Thou art a villain, Ms. Eva Green

300: Rise of an Empire. Actress seems to be having a little too much fun playing a psychopath

NED EHRBAR
Metro World News in Hollywood

Eva Green is the unconscionable Artemisia in 300: Rise of an Empire, which opens on Friday. CONTRIBUTED

Eva Green was really looking for an all-out villain to sink her teeth into, and she got that and more with the role of Artemisia in 300: Rise of an Empire.

Green sits down with Metro to discuss playing nuts, using sex as a weapon and the allure the mystical side of things.

You're playing more than just the typical villain in this.

Yes. I … kill people, and I'm not very nice, yes. It's pure villainy. You know, lots of actors will go, "No, she has cracks, she's human." And of course you learn about her back-story and how she's been betrayed by her own countrymen and it has kind of hardened her heart big time. The only challenge is to find maybe some jubilation in this because yeah, she's just … mental. She has no conscience and she can't tolerate incompetence, and anybody who doesn't follow her orders, just (snaps) "Off with his head!" You can't do that in real life, really.

You also have probably one of the more aggressive sex scenes in this.

I mean, it's more of a fight than a sex scene, really. It's so violent that it was kind of staged as a fight scene. I love when it's kind of clinical. Even a normal sex scene, actually, when they go, "You put your hand here and you here," "How do you do? We're going to have sex." And here it's two warriors having sex. They deal with violence every day, and this is how they do it. It's kind of S&M without the leather. It's not very romantic, let's say.

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Name shame. Oscar gaffe has Travolta offering mea culpa to Idina Menzel

John Travolta has apologized to Tony Award winner Idina Menzel for mangling the pronunciation of her name during the Oscars telecast, saying he'd been "beating myself up" over it.

On Sunday night's Academy Awards show, Travolta took the stage and introduced Menzel, but he seemed to say "Adele Dazeem" instead. An estimated 43 million people were watching, and social media has been mocking him relentlessly ever since, especially since he attended rehearsals.

Menzel, who played Maureen Johnson in Rent onstage and on screen and Elphaba in Wicked, seemed unperturbed by the flub as she sang out Let It Go, from the animated film Frozen.

Travolta said in a statement released Tuesday: "I've been beating myself up all day. Then I thought ... what would Idina Menzel say? She'd say, 'Let it go, let it go!' Idina is incredibly talented and I am so happy Frozen took home two Oscars Sunday night!"

A Twitter account with the handle @adeladazeem went up immediately after the mistake and has almost 20,000 followers. On Facebook, a Travolta-fier Name Generator, which butchers any name typed in, became immensely popular.

John Travolta
THE ASSOCIATED PRESS

Menzel next stars in the new Broadway musical If/Then, which reunites the creative forces behind Next to Normal — music by Tom Kitt, story by Brian Yorkey and direction by Michael Greif. Menzel plays a woman who, on the verge of turning 40, moves to New York with the hope of a new life.

THE ASSOCIATED PRESS

Netflix

The Trailer Park Boys are back

Light up a smoke and pour yourself a rum and coke, folks! It's time to celebrate as Ricky, Julian and Bubbles make their way to Netflix with 10 new episodes later this year.

But first, the latest seasons will be added in Canada and the U.S., while Seasons 1-7 will be available for the first time in the U.K, Ireland, Netherlands, the Nordics and Latin America.

It's been several years since the cameras have followed Ricky, Julian and Bubbles around the Sunnyvale Trailer Park, so there's a lot to catch up on: Ricky recently harvested an enormous weed crop which he has successfully hidden in the walls of his trailer, Julian has opened a bar and gym in his trailer and Bubbles is in the process of opening what he calls a 'Shed and Breakfast' business.

METRO

Hollywood

Conan to host MTV Movie Awards

Conan O'Brien will be serving up buckets of golden popcorn.

O'Brien announced Tuesday on his TBS talk show Conan that he's hosting this year's MTV Movie Awards. The annual movie celebration that honours winners with popcorn-shaped trophies is scheduled for April 13 at the Nokia Theatre in downtown Los Angeles.

"After eight years of intense negotiations, I am honoured to announce I am hosting MTV's second most prestigious awards show," the comedian joked in a statement.

It marks the first time O'Brien has hosted the MTV Movie Awards. He previously hosted the Primetime Emmy Awards in 2002 and 2006.

Past hosts of the MTV Movie Awards have included Jimmy Fallon, Aziz Ansari, Russell Brand, Rebel Wilson and Sarah Silverman.

THE ASSOCIATED PRESS

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 20 SHOPPERS DRUG MART

Bryan Cranston drums up the drama

Broadway debut. Former Breaking Bad star presides over the stage as Lyndon B. Johnson in All the Way

Bryan Cranston doesn't need to chase paychecks anymore. His salary for Breaking Bad wasn't exactly at drug kingpin levels, but he's secure. So now what? Now it gets interesting.

"I don't need work — I don't need to work ever again," says the actor. "So the choices that I make now should all be things that I think are either fun or important or challenging."

Cranston's next move reflects this choice. He's making his Broadway debut in a role far from Walter White — playing former U.S. president Lyndon B. Johnson in All the Way.

Cranston plays Johnson during his first year in office following the assassination of John F. Kennedy and explores both his fight for re-election and the passage of the Civil Rights Act of 1964.

"I like to think that I'm well cast for this role. He was a complicated man," Cranston says. "You only make your Broadway debut once and I'm encouraged that I hitched my wagon to a really well-written play."

No matter how well-written, a three-hour play about the political manoeuvring of an irascible president 50 years ago may not be considered serious box office catnip. Cranston's star power changes that.

"Boy, I planned that well, didn't I?" jokes playwright Robert Schenkkan, who won a Pulitzer Prize in 1992 for his epic The Kentucky Cycle.

Johnson was originally handled by actor Jack Willis when it debuted at the Oregon Shakespeare Festival in 2012, but Cranston jumped aboard last fall when the play next went to the American Repertory Theater outside Boston.

The role requires Cranston to be bullying, insecure, charming, charismatic, ruthless and scary. Cranston has shown all that in a career that has gone from goofy comedy in Malcolm in the Middle to ferocious drama in Breaking Bad.

"That's who LBJ was — he was charming and witty and incredibly funny, a great raconteur, the life of the party. And also violent and vile and cruel and utterly terrible," says Schenkkan.

"I don't write with an actor in mind, but if I had, Bryan Cranston would have been at the head of the list."

Bill Rauch, the artistic director of Oregon Shakespeare Festival, who directs All the Way, says attracting Cranston was certainly useful to gin up excitement but he hasn't been a diva.

"Bryan is a brilliant actor who brings his ferocity, his emotional intelligence, his passion, his heart to bear on the role," says Rauch. "He really is a true member of the company and a leader of the company. There's no sense that he's the star and the star is separate from the rest of the cast."

Political plays on Broadway haven't always been big draws, but the creative team behind All the Way describes it as a "thriller" and a "white-knuckle ride." Schenkkan stresses that what he's written is not a documentary or history: He's a dramatist exploring issues of power and morality, and asking how far we are willing to go to do good.

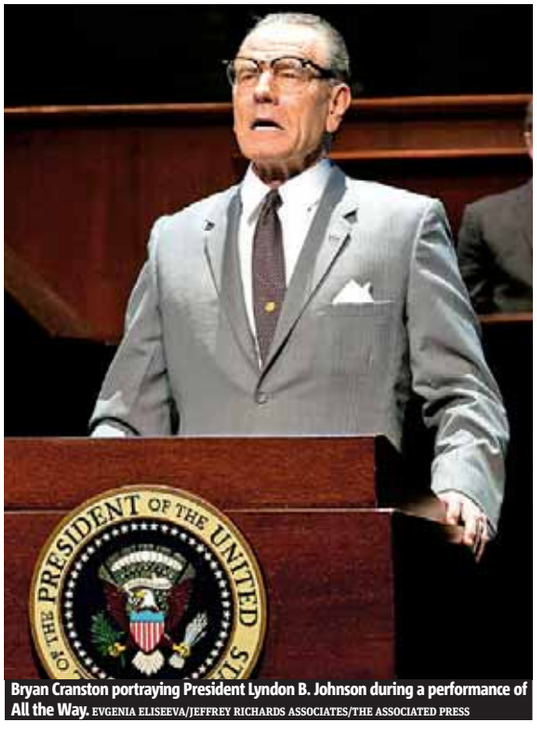
"What Robert's (Schenkkan) done so successfully I think is to create this dramatic framework where the actors get to come to life in a very exciting and energized way," says Robert Petkoff, who plays Sen. Hubert Humphrey. "It takes on a life, it breathes in a way that becomes compelling to watch."

Cranston agrees, saying All the Way is accurate to the past but it's not history at the expense of drama. "Nobody ever leaves a theatre and goes, 'Oh my God that play was so boring but historically accurate,'" he says. "We don't want that."

THE ASSOCIATED PRESS

Quoted

"I don't need work — I don't need to work ever again. So the choices that I make now should all be things that I think are either fun or important or challenging." Bryan Cranston



Bryan Cranston portraying President Lyndon B. Johnson during a performance of All the Way. EVGENIA ELISEEVA/JEFFREY RICHARDS ASSOCIATES/THE ASSOCIATED PRESS

THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

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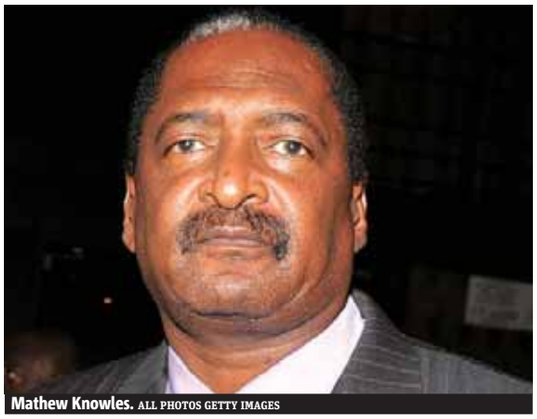
OUR TAKE ON THE WORLD OF CELEBRITIES



Mathew Knowles. ALL PHOTOS GETTY IMAGES

Beyoncé's dad gets a break on his baby mama bills

A judge has approved a substantial cut in the amount of child support that Beyoncé Knowles' father must pay because his income dropped after his superstar daughter fired him as her manager.

A ruling obtained by The Associated Press shows that a Los Angeles Superior Court judge cut the amount Mathew Knowles must pay to actress Alexsandra Wright from $12,000 US a month to roughly $2,500 US a month. The payments are for a son Knowles fathered with Wright while he was still married to Beyoncé's mother.

Judge Scott Gordon's order is retroactive to February 2013. Although the singer's name is not mentioned in the ruling, it notes that her father's income has substantially fallen since she fired him in 2011. Mathew Knowles sought a reduction in his child support payments, and a hearing was held earlier this year. THE ASSOCIATED PRESS

Another McConaughey kid in nine months?

Don't be surprised if Matthew McConaughey names his next kid Oscar, as the newly minted Academy Award winner had just one thing on his mind following his win for best actor Sunday night.

"We won't stay long at the after-party," he told the Sun. "I want to go home and make another baby." McConaughey and wife Camila Alves are already parents to five-year-old Levi, four-year-old Vida and 14-month-old Livingston.

Matthew McConaughey

The Word

Lohan's reality is still stranger than fiction

MELINDA TAUB
Metro World News

In the first look at Lindsay Lohan's OWN post-rehab reality show, her life looks fairly grim. She confesses that being stalked by paparazzi makes her feel like a prisoner "all the time." She looks alternately bored and panicked throughout. Handlers tattle to Oprah that Lindsay is being unprofessional, skipping photo shoots and may be backsliding into addiction.

"This is exactly what everybody said was going to happen," Oprah sighs, "and I believed differently. She doesn't understand that this is your life."

We also glimpse a confrontation between the two, during which Oprah exhorts the OWN star to take her recovery seriously. "My truth is that I really do want you to win," says Oprah.

"No, it's not that I'm not ready to do that. I do want to," Lindsay insists.

"You need to cut the bulls—," Oprah returns.

Not defending Lindsay for leaving crews and coworkers hanging, but possibly her subconscious has realized that most newly recovering alcoholics would be better off anywhere but the set of a reality television show.

I'm sure that's not the case here, though. Oprah would never endanger someone's recovery just for the sake of OWN.

Katy Perry

Apparently when Katy Perry kisses a girl, she doesn't like it

Katy Perry kissed another girl, and this time she wasn't really that into it. While visiting Australian talk show Sunrise this week, Perry recounted her close encounter with Miley Cyrus at the Bangerz singer's concert in Los Angeles. "I just walked up to her to give her, like, a friendly, girly kiss. You know, as girls do," Perry said. "And then she, like, tried to move her head and go deeper and I pulled away. God knows where that tongue has been."

Twitter

@johncusack
I love twitter when I randomly follow people and wake up to see berserk things on my feed

@TomArnold
If you eat a whole bag of potato chips, even gluten free, you basically lose a day of your life. Maybe more. I'll let you know tomorrow.

@katyperry
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SHOPPERS DRUG MART

From the runway, with love

Fall/Winter Fashion Month has taken four countries by storm once again. Here's a taste of what Metro's gurus of glam were lucky enough to see in the last leg of their high speed, high fashion city-hop. Until next season, style fanatics!

METRO WORLD NEWS

Roberto Cavalli (Milan)

Fire makes the perfect backdrop for Cavalli's flamboyant clothes. When a collection has heaps of dramatic fur on top of feathers on top of python on top of fringe, and tassels, and studs, and beading, the addition of a ring of flames and smoke seems only right and natural. He's cultivated an iconic look that may not set any agendas, but epitomizes Milanese fashion and its trademark carnal glamour. This is the drama we look for from Milano Moda Donna and he's delivered.

Major trends: Python, tassels, contrasting textures, blanket coats, gold.

Prada (Milan)

Prada has an unmistakable way of making the garish look intelligent, the street style bait not look so try-hard, and the commercially appealing look artful. That's why most of these pieces (I'm placing bets on the shearling jackets and sporty platform shoes), which would look ridiculous in anyone else's hands, will most likely fly off the shelves. Remember, Prada has consistently posted sales growth for several years now. Even if this collection is not her most exciting, she's still on a roll.

The major trends: Seventies-inspired prints and shapes, and shearling.

Rochas (Paris)

All of the clothes are stunning, right down to the densely beaded gloves. But too many in the second half of the show look heavy and fussy, like a wardrobe malfunction waiting to happen. That said, this collection falls right in line with the memo that clearly went out for autumn/winter '14: glamour and all of the decorative trappings that come with it, rules.

Major trends: Dense embellishments, outsized volume, experimentations with texture and longer fuller skirts.

Carven (Paris)

Guillaume Henry has referenced a decade other than the '60s this season and I appreciate that. His forties shapes and silhouettes have a film noir sensibility about them. Interestingly, this collection presents a more grown-up look than the girlier, whimsical fare. The strongest looks are the longest: straight, midi-length skirt suits and belted coat dresses and jackets that look like the stuff of Ingrid Bergman movies, with a modern twist.

Major trends: Longer midi skirts, shiny embellishments, shades of blue, and experiments with texture.

Sonia Rykiel (Paris)

The emphasis on knits and sense of humour present in a series of dresses emblazoned with 'Moi' are classic Rykiel, but there's a new contemporary, urban polish here as well. Best of all, everything looks so incredibly cosy and easy to wear. There are enormous Mongolian fur coats, relaxed, softly tailored trousers, oversized waffle knit sweaters and lithe, lean skirt suits, all in the warmest wools and cashmeres.

Major trends: Relaxed slouchy shapes, shaggy outerwear, textured three-dimensional surfaces and midi-length skirts.

Canadian street style

Spotted in: Toronto

Name: Jennifer

Age: 25

Occupation: Retail Manager

What she's wearing:
Hat: Topshop
Glasses: Chanel
Scarf: Wilfred
Jacket: Wilfred
Shirt: Club Monaco
Bottoms: J Brand
Shoes: Zara
Bag: Givenchy

Her inspiration:
"I'm minimal yet eclectic. I'm inspired by people who look amazing in head to toe basics. I adore people who can modify current trends to preserve their own unique sense of style."

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Trends Report

High-waisted jeans are predicted to be a huge trend this spring, but who are we kidding? They're not flattering on many women, not even some celebs. But if you're curious to try them out, go online to Trends Report to see three outfits I've put together that actually make high-waisted jeans look great.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

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Q: I'M TIRED OF BRINGING MY WORK MATERIALS IN A HANDBAG. IS THERE A FEMININE ALTERNATIVE TO THE BRIEFCASE? – N.K.

A: An often-neglected accessory, the briefcase is a very important element in any working woman's wardrobe! To set yourself apart from traditional masculine looking brief cases, look for textures like crocodile or ostrich; or even plain leather with studded embellishments. If your budget allows, get one neutral satchel in black or tan, and then have fun with a second bright coloured brief case in fuchsia or royal blue! As with any element in fashion – have fun!

Q: ALL STYLES SEEM TO BE GEARED TOWARDS A YOUNGER AUDEIENCE. ANY SUGGESTIONS TO WHERE A 50+ WOMAN CAN FIND TRENDY OPTIONS? – R.L.

A: Ottawa is a city of stylish women – of all ages! Fortunately, we have many retailers that reflect this. Some great options for women over 50 can be found at Melanie Lyne, Shepherd's, Banana Republic and Femme De Carriere. Build a relationship with the sales people who will help style your look, and keep you in mind when they have sales and promotions!

Q: I'M CLEANING OUT MY WARDROBE, LOOKING FOR PIECES I COULD BRING BACK. WHAT ARE SOME TRENDS FOR SPRING THAT COULD HELP ME ASSESS WHAT TO KEEP? - S.M.

A: Spring is in the air and fashion is always on our minds! This spring you will want to hold on to key elements in your wardrobe. Black and white will continue to be hot for spring, as will bold stripes – especially in navy and white, black and white, and red and white. Pair your slouchy Bermuda shorts with a crisp shirt and heels, or even a cropped blazer!

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Canada says yes to Kleinfeld

Tornai's designs, made in Tel Aviv, are known to come with a price tag in the five-figure range. CHRIS YOUNG / THE CANADIAN PRESS

Guru of the gown. Sought-after wedding dress designer Pnina Tornai excited to cater to Canadian brides

Nuptials of the North

For eight years, I've been seeing the Canadian bride in New York, and for some reason the Canadian bride always ends up buying a Pnina dress — one of my dresses
Pnina Tornai

Pnina Tornai already has received plenty of love from Canadian brides who have flocked to New York's Kleinfeld salon to snap up one of her lavish dresses, as well as fans who've seen the gowns — and the designer herself — featured on popular TLC series Say Yes to the Dress.

Homegrown brides-to-be seeking their own personal Pnina will soon have a shorter distance to travel. Hudson's Bay is preparing to open its own Kleinfeld salon May 1 at its Queen Street location in downtown Toronto, where Tornai's creations will be among the featured attractions.

"For eight years, I've been seeing the Canadian bride in New York, and for some reason the Canadian bride always ends up buying a Pnina dress — one of my dresses," the affable Tornai said during a recent interview in Toronto, outfitted in a sleek, long-sleeved black dress (one of her own creations) paired with Christian Louboutin boots.

"It's so obvious for me that I have to be here, because that's my bride."

Tornai was in town for what was billed as her first Canadian appearance — a trunk show at The Wedding Room wedding show — where she brought about 60 gowns and met with brides-to-be.

She has taken the work commute to new extremes, travelling monthly from her hometown of Tel Aviv to New York for eight years to meet with brides.

Such devotion has brought her recognition and exposure through her runway showcases and work as a both a reality star and actress.

THE CANADIAN PRESS

Canadian street style

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Trends Report

High-waisted jeans are predicted to be a huge trend this spring, but who are we kidding? They're not flattering on many women, not even some celebs. But if you're curious to try them out, go online to Trends Report to see three outfits I've put together that actually make high-waisted jeans look great.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Fab visions for vacay finds

Everyone loves to bring back souvenirs from a holiday. Fridge magnets, coffee mugs, tea towels, carved masks and seashells are just a few of the popular items that keep vacation memories alive. Here's what to look for when you're away, and a few ideas to ensure your mementos are displayed to their best advantage once you get them home

DESIGN CENTRE
Karl Lohnes
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ISTOCK

Hang a piece of decorative fabric or rug behind a bed to create an instant headboard. Kilim or flat weave carpets can be used as sturdy upholstery for poufs and ottomans. Rugs 3x4 feet or smaller look very special when framed and hung on the wall.

Rules for travel collecting

1. Before purchasing an item to display in your home, ask yourself if it will fit nicely with your home's decor. A carved African mask would make a great display for bohemian-styled decor but could look out of place in a country-themed room.
2. Keep the entire collection together. Grouping has a bigger impact and creates a strong focal point. Double the impact by placing your display in front of a mirror.
3. Large collections can be divided and grouped by colour or theme to help make a stronger statement.
4. Narrow floating shelves in a hallway or a shelf installed just above a door entrance are great spots to display your collections without taking up valuable tabletop space.
5. Shadow-boxing small items gives them a museum quality, keeps collections tidy and creates unusual wall art.

ISTOCK

CONTRIBUTED

Vintage tea towels make great artwork for the kitchen when steamed and pressed behind glass. They can also make unique pillows for a kitchen banquette.

Purchase mugs in themed sets. Provincial flowers, city map scenes, animals or flags are options easily found in many tourist haunts. Use a mug tree or a series of shallow wall shelves to show off your curated collection. London Underground Map ceramic mug set of four, 13 pounds, ltmuseumshop.co.uk.

CONTRIBUTED

CONTRIBUTED

A grouping of masks can create a statement when hung on the right wall. Keep the collection tightly spaced and match it to your decor through colour or theme. A great place to create a display is on a hallway end wall or in a powder room. Paint the display wall a dramatic colour like rust, teal or grey to create a backdrop that will show off your collection.

ISTOCK

Shadow-box or frame paper souvenirs to show them off. I like to enlarge and laser-print a favourite postcard to create unique art for the wall, then keep the original safe in an album.

Cheesy pizza and nutrition come together

Red Pepper and Goat Cheese Pizza. March is Nutrition Month but healthy doesn't mean sacrificing flavour

Pizza is a fantastic meal to make on the fly, especially if you have a flatbread or ready-made pizza crust. It's got a big surface, with lots of room for nutrient-filled vegetables.

In this easy-to-make recipe, creamy goat cheese balances the bright and fresh flavours of red pepper, onion and tomato. Combined with mozzarella (a pizza classic), olives and basil, it's a healthy meal that's ready in about 20 minutes.

Feel free to experiment with whatever you might have in the fridge: feta is a welcome substitute for goat cheese; zucchini and mushrooms pair nicely too. Chicken with spinach, red peppers and cheese is another dietitian-approved combo that you can easily cook and enjoy!

Using a baking stone is a great way to give your pizza a crusty finish. Place the pizza stone in a cool oven, turn on the oven and preheat the stone for about 45 minutes before cooking the pizza.

1. Preheat oven to 400 F (200 C) if using flatbread or 450 F (230 C) if using pizza dough

2. Place flatbread on baking sheet. Alternatively, if using pizza dough, spread out dough on lightly greased pizza pan to make a 12-inch (30 cm) circle.

3. Brush olive oil on top of flatbread or pizza dough. Sprinkle with mozzarella cheese. Top with goat cheese, red pepper, tomato, black olives, onion, if using, and basil.

4. Bake pizza in bottom half of preheated oven for 10 to 15 minutes or until crust is golden and filling is bubbly. RECIPES EXCERPTED FROM DIETITIANS OF CANADA, COOK GREAT FOOD: 450 DELICIOUS RECIPES © 2001 ROBERT ROSE INC. ROBERTROSE.CA REPRINTED WITH PERMISSION. ALL RIGHTS RESERVED.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1 12-inch round of flatbread or enough pizza dough or a 12-inch (30 cm) pizza crust
- 1 tbsp (15 ml) olive oil
- 1 cup (250 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) cup soft crumbed goat cheese
- 1 large red bell pepper, sliced
- 1 large tomato, sliced
- 1/4 cup (50 ml) sliced black olives
- 1/4 cup (50 ml) sweet Vidalia onion, sliced (optional)
- 1 tsp (5 ml) dried basil (or 2 tbsp/25 ml chopped fresh basil)

Healthy helpers

Dietitians of Canada offers up affordable kitchen must-have suggestions.

- **Steamer basket.** Steaming your veggies is a quick, easy, and healthy alternative to sautéing.
- **Oil mister.** The tool gives you precise control over how much oil is used.
- **Box grater.** While we love using our grater for cheese, it can also be used for all kinds of vegetables. Salads with grated zucchini, beets or carrots are a tasty side dish option.

This recipe serves four. Each serving contains 373 calories and 18 grams of fat. DIETICIANS OF CANADA

Lunch. Zucchini Frittata

This recipe serves six. One serving contains 126 calories and 9 grams of fat. DIETICIANS OF CANADA

Ingredients

- 2 cups (500 ml) sliced zucchini
- 1 small onion, minced
- 1 tbsp (15 ml) butter or margarine
- 1 1/2 tsp (7 ml) olive oil
- 6 eggs, beaten
- 1 tbsp (15 ml) chopped parsley
- 1 tsp (5 ml) ground fennel
- 1/2 tsp (2 ml) ground dried rosemary
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) ground black pepper
- 2 tbsp (25 ml) shredded Cheddar

You can use whatever you have in your fridge, but six ingredients that will make a great frittata every time are eggs, zucchini, onion, cheese, and herbs and spices. Serve it with a whole grain roll and you will have a balanced meal.

1. In ovenproof skillet over medium-high heat, cook zucchini and onion in butter and olive oil 5 mins. or until tender.

2. In another bowl, combine eggs, parsley, fennel, rosemary, salt and pepper; pour over vegetables. Cook over medium heat, without stirring, until bottom of mixture has set but top is still soft. Sprinkle cheese on top. Place under preheated broiler 3 mins. or until cheese is melted and top is brown.

For your phone

Cookspiration (iPad/iPhone; Free)

MIND THE APP

Kris Abel
@RealKrisAbel
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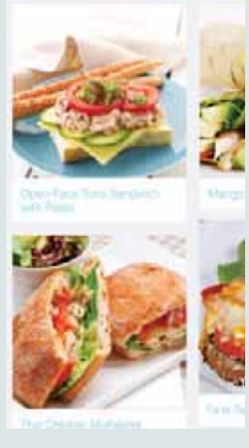
This Dietitians of Canada app recommends meals based on your mood and time of day.

Recipe selection is pretty creative and high on nutritional details, but surprisingly light on instruction.



The great indoors

Ideas. There are plenty of activities without having to go outside to keep the kids occupied

ASTRID VAN DEN BROEK
For Metro

Looking to spend a little time inside this March break?

We get it — many of us have just about had it with winter. If so, steal some of these indoor ideas for the weeklong break.

Have a PJ day

Give your kids a day off, so to speak. Let them stay in their pyjamas all day, but make sure you line up some fun activities — think a round of Monopoly, a game of chess, a movie with popcorn and order something like Peekapak, an activity kit that combines storytelling and crafting.

Go swimming

Who says indoors has to be at home? Use this time to look for local pools that might be open for family or recreational swims and enjoy getting those swimsuits on without having to layer on sunscreen, too.

Play indoors

Get your kids moving inside the house. "What we do is we will have a dance competition like American Idol and we all judge competitors," says Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids.

"We do napkin tag but we'll run around the house and try and take a cloth and touch the other person like tag. Or we'll do something like obstacle courses."

Let the kids stay in their pyjamas for the day and line up some fun activities. ALENA OZEROVA/SHUTTERSTOCK

Take in a show

"Another thing I love to do, and for not very much money, is go see a theatre show with my kids," Wagman said. "There are many shows playing in local theatres and if it's a kid's show, your kids can be loud and interact with the actors."

Head to camp

Wagman notes that almost every extracurricular activity your child takes part in is likely a camp theme during the break — either daylong of half-day options.

"And most of the YMCAs and places like that will have programs with something to do during the break.

Chess is a fun and educational indoor activity. ALBINA GLISIC/SHUTTERSTOCK

Visit a local pool during the March break. ANTON BALAZH/SHUTTERSTOCK

Find local activities

Are you looking to find something to do near you? Try these websites:

- helpwevegotkids.com: This national site connects you with activities of all sorts — from dance to sports and more to check out over the break.
- ymca.ca: This site lets you search for a YMCA near you to see if they have local programs available over the break.

Find a local sugar bush and learn about how maple syrup is made as well as take part in other outdoor activities. SIANC/SHUTTERSTOCK

Embrace the winter by heading outside

Do you love the outdoors? March break week is a great time to spend outside with the kids. Here are five ideas to keep in mind for the big school break.

1 Head for the hills: "You can go to one of those city ski areas — every city has one and you can do just a family pass and go skiing," says Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids. "It's really fun to do as a family and if you're going to have winter, you might as well enjoy it."

2 Or other outdoor activities: How about trying your hand (or, err, feet) at snowshoeing by renting some snowshoes. Or go tobogganing or skating. "These are all easy to do and it's all ages as well," Wagman said. "People tend to forget that there are still lots of skating rinks and lots of hills and you don't need to do anything but bring your gear."

3 Head to the zoo: Is there a zoo in your city? Take in the animals while they are awake and perky rather than slow and sleepy as you tend to see them in the summer.

4 Find some maple syrup: Late winter and early spring is prime maple syrup time so look for a local sugar bush near you. Along with watching the syrup be made, many offer other activities including pancake breakfasts, walks through the bush, syrup tastings, wagon rides and more.

5 Get crafty outdoors: Why not nurture your child's creative side with some outdoor crafts? Think coloured water in spray bottles to let your child transform your white backyard into a bright canvas. Or use the freezing temperatures to your advantage and fill balloons or milk cartons with water to freeze and create outdoor ice sculptures or lanterns.

ASTRID VAN DEN BROEK

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Trade deadline.
Senators deal for scoring help in Hemsky and extend Phillips' contract before push to playoffs

Ales Hemsky, far left, will likely join Jason Spezza and Milan Michalek on Ottawa's first line after the Senators acquired the forward from Edmonton, Wednesday. Michalek set Spezza up for a goal on Tuesday night in Edmonton, but Hemsky scored twice in the Oilers' 3-2 win. LEFT: JIM MCISAAC/GETTY IMAGES, RIGHT: JASON FRANSON/THE CANADIAN PRESS

In a trade deadline twist, the Ottawa Senators acquired a player who had just dealt a blow to their playoff aspirations.

Less than 24 hours after Ales Hemsky scored twice against the Senators in Edmonton, Ottawa acquired the 30-year-old winger for a pair of draft picks.

"I said to him 'didn't you get the message that I was trying to trade for you?"' Senators general manager Bryan Murray told reporters at a downtown Calgary hotel Wednesday.

At 27-24-11, the Senators were 12th in the Eastern Conference prior to facing the Flames at night, but just eight points separated Ottawa from fifth.

The Senators also ended trade rumours swirling around veteran defenceman Chris Phillips by announcing a two-year extension worth $5 million.

Hemsky is scheduled for unrestricted free agency in July. The Senators paid a third- and a fifth-round pick to the Oilers to get him for the remainder of the season. Oilers GM Craig MacTavish confirmed the Oilers would retain some of Hemsky's salary, which is $5.5 million this season.

If Hemsky fits in well with the Senators, they'll look to re-sign him, said Murray.

"An offensive-type player, a guy with good puck skills, certainly can play in the top six forwards," Murray said. "We think he can make plays, score some points for us down the stretch."

Hemsky was a first-round draft pick of the Oilers in 2001. He scored Edmonton's first and second goals in a 3-2 win over Ottawa on Tuesday. They were his first since Jan. 12. The six-foot, 185-pounder played junior hockey across the river from Ottawa with the Hull Olympiques. Hemsky had nine goals and 17 assists in 55 games for the Oilers this season.

"It's a weird feeling," Hemsky told reporters in Edmonton. "I've been here for so long and have a lot of great memories. It comes to the end. It's a weird feeling, but excited for a new challenge."

The Senators interpreted Murray's moves Wednesday as an endorsement of their post-season possibilities.

"We know as the games tick by we can't afford to lose hockey games," captain Jason Spezza said. "It's encouraging to see Bryan trying to add somebody to help us get that push towards the playoffs."

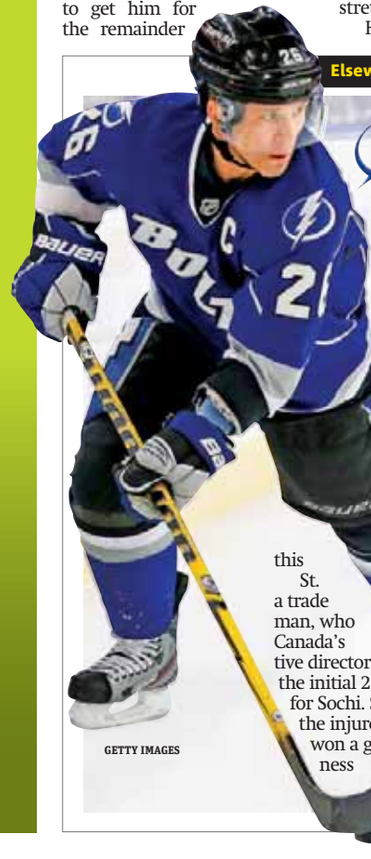
THE CANADIAN PRESS

Sticking around Ottawa

"I'd love nothing more than to be part of bringing a championship to Ottawa."

Chris Phillips, who signed a two-year extension before the Senators' game in Calgary on Wednesday night.

Elsewhere on deadline day



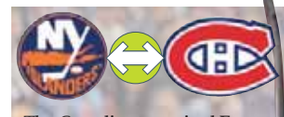
GETTY IMAGES

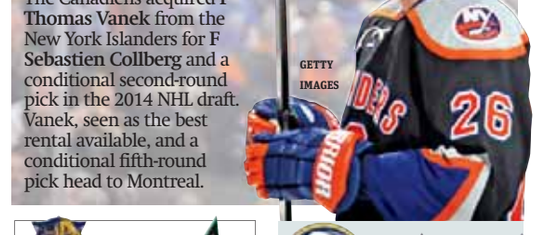
Martin St. Louis wanted out of Tampa Bay, so Steve Yzerman and the Lightning granted him his wish.

In what could turn out to be the biggest trade ever influenced by the Olympics, St. Louis was dealt to the New York Rangers for **Ryan Callahan**, a first-round pick in the 2015 draft and a conditional second-rounder this year. St. Louis asked for a trade after Yzerman, who was Team Canada's executive director, left him off the initial 25-man roster for Sochi. St. Louis replaced the injured Steven Stamkos and won a gold medal, but bitterness remained.

Marian Gaborik
GETTY IMAGES

The Columbus Blue Jackets send **F Marian Gaborik** to the Los Angeles Kings for **F Matt Frattin** and two conditional picks.



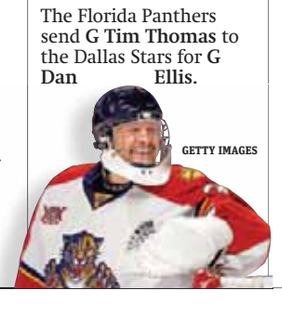


GETTY IMAGES

The Canadiens acquired **F Thomas Vanek** from the New York Islanders for **F Sebastien Collberg** and a conditional second-round pick in the 2014 NHL draft. Vanek, seen as the best rental available, and a conditional fifth-round pick head to Montreal.

Marcel Goc
GETTY IMAGES

The Pittsburgh Penguins acquire **F Marcel Goc** from the Florida Panthers for a third-round pick and a fifth-round pick in the 2015 draft and **F Lee Stempniak** from the Calgary Flames in exchange for a 2014 third-round pick.



GETTY IMAGES

The Florida Panthers send **G Tim Thomas** to the Dallas Stars for **G Dan Ellis.**

GETTY IMAGES

The Buffalo Sabres send **G Jaroslav Halak** and a 2015 third-rounder to the Washington Capitals for **G Michal Neuvirth** and **D Rostislav Klesla** in return.

NHL

Stamkos nears return to Bolts

Lightning forward Steven Stamkos plans to return to the Tampa Bay lineup Thursday, four months after breaking his right leg.

Stamkos, who was forced to miss the Sochi Olympics and the Lightning's past 45 games, tweeted Wednesday morning that he'll play against the Buffalo Sabres on Thursday.

THE CANADIAN PRESS

Sochi 2014

Russia fires men's hockey coach

Russia ice hockey coach Zinetula Bilyaletdinov is leaving his job after the home team's disappointing quarterfinals exit at the Sochi Olympics.

Russia lost 3-1 to Finland to miss out on an Olympic medal which was among the nation's top priorities at the Sochi Games. THE ASSOCIATED PRESS

Golf

Trump's chopper buzzes practice

Rory McIlroy's practice round at the site of this week's World Golf Championships in Doral, Fla. was interrupted for a few minutes on Wednesday because Donald Trump's helicopter was taking off.

Trump, a well-known golf enthusiast, has given the Blue Monster course a complete makeover in less than a year to make it more playable for this weekend's tournament.

THE ASSOCIATED PRESS

Red, white and gold all over

Sonja Gaudet of Canada watches as Ina Forrest, left, releases a stone against South Korea during the wheelchair gold medal game at the 2010 Vancouver Winter Paralympic Games. MARTIN ROSE/GETTY IMAGES

Paralympics. Gold-medal winning curler Sonja Gaudet named flag-bearer for Team Canada in Sochi

Wheelchair curler Sonja Gaudet has been named as Canada's flag-bearer for the opening ceremony of the Sochi Paralympic Games.

The 47-year-old Gaudet is the most decorated wheelchair curler in history, having won gold medals at both the 2006 and 2010 Paralympics

She also has three world championships to her name.

A native of North Vancouver, B.C., Gaudet will lead a Canadian contingent of 54 athletes into the Fisht Olympic Stadium on Friday night.

"It carries a lot of purpose for me," Gaudet said at Wednesday's announcement. "Of course we're here to compete as athletes with a physical disability at the highest level — that's what the Paralympic Games are.

"It sends a big global message as well about looking past the wheelchair, looking past the visual impairment, looking past the missing limb and really focusing on the person and focusing on what's there."

Gaudet is the second on the Canadian squad to skip Jim Armstrong, who said his teammate is deserving of the honour.

"In the six, seven years that I've known Sonja, all I've done is see her work very hard," said Armstrong, who won gold at the 2010 Vancouver Paralympics with Gaudet. "Her skills have just continued to improve and it has not come easy. She has set a work ethic that any coach would be proud of."

Canada made the podium 19 times in Vancouver and has set a goal of finishing top-three in gold medals in Sochi.

The Winter Paralympics include wheelchair curling, sledge hockey, para-Nordic skiing and biathlon, para-alpine skiing and para-snowboard.

Canada plays two wheelchair curling games on Saturday morning, including a 9:30 a.m. local time (12:30 a.m. ET) start against Britain.

THE CANADIAN PRESS

Sonja Gaudet poses for a Canadian Olympic Committee portrait in Vancouver. The curler won gold for Canada at the 2006 and 2010 Paralympic Games. JONATHAN FERREY/GETTY IMAGES

This girl's got game

Women's Olympic team goaltender Shannon Szabados stares down the Edmonton Oilers' Ryan Jones as she takes part in the Oilers' practice on Wednesday. Szabados was called into action while the Oilers waited for Viktor Fasth to arrive after a trade with Anaheim. Szabados was invited to practice after fans on Twitter had urged the team to put her on the roster as backup in Tuesday night's game. A goalie from the University of Alberta was chosen instead, but Szabados said she was thrilled to take part in practice.

JASON FRANZEN/THE CANADIAN PRESS

Magic slide ride continues for golden girl Humphries

Kaillie Humphries' first full day back in Canada included 18 interviews, a hair appointment and a Calgary Flames game.

Calgary's triumphant bobsledder at the Sochi Olympics is making the most of her gold medal before the small window for endorsements and appearances is slammed shut.

More than a week after the curtain came down on the Olympics, Humphries' agent Kris Mychasiw said he's receiving some 20 emails a day with requests for appearances or product endorsements for the bobsledder.

Twitter has been abuzz as well since Humphries tweeted: "How far can a tweet and an Olympic Gold Medal travel? Do you think 10,000 RTs can get me on @TheEllenShow?"

It had over 9,200 retweets as of Tuesday, and Mychasiw said a producer from the show reached out to him late last week although there are no immediate plans for an appearance. THE CANADIAN PRESS

I sleigh thee

3

The number of months agent Kris Mychasiw hopes he can keep Calgary slider Kaillie Humphries in the public spotlight

Horoscopes

♈ Aries
March 21 - April 20
Family matters will take up most of your time today but don't think that means you cannot have fun. Loved ones are hoping you will suggest a trip you can all enjoy together.

♉ Taurus
April 21 - May 21
You know what you want and you know how and where to get it, so all you have to do now is reach out your hand and take it. Sounds easy, doesn't it? Well that's because it is. Make things happen!

♊ Gemini
May 22 - June 21
Good news about your finances is on its way and by the end of the week you will be wondering why and how you allowed yourself to get so worked up about a simple thing like money. Treat yourself — you deserve it.

♋ Cancer
June 22 - July 23
You have been a bit to cautious of late but now that Jupiter is moving in your favour again you will find the confidence to take a few risks. If you have not done it already, you should be planning your next adventure.

♌ Leo
July 24 - Aug. 23
You will no doubt wonder what the catch is when someone in a position of authority offers you something you have long desired, but there is no need to be suspicious.

♍ Virgo
Aug. 24 - Sept. 23
You want to get things done, but because not everyone is as motivated as you it may take effort to get others to help you. No, you can't go it alone. There is too much to do.

♎ Libra
Sept. 24 - Oct. 23
You will win over even the most reluctant of people today. Create a vision of what it is you intend to achieve and let them see that they can share in the spoils, but they have got to back you — now.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give in today, especially with co-workers who will take advantage of you if you don't stand up for yourself. You may want to help but you should not be doing everything.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people seem to be under the impression that they can snap their fingers and you will come running. But with Jupiter, your ruler, on great form today they are in for a rude awakening.

♑ Capricorn
Dec. 22 - Jan. 20
You've got a nagging feeling that you could have done more to make a success of a relationship. Maybe you're right but that was then and this is now. Stop looking back.

♒ Aquarius
Jan. 21 - Feb. 19
Jupiter moves in your favour today, making it easy to break free of habits that are holding you back. Remember: the best way to get rid of a habit is to replace it with a better one that challenges you.

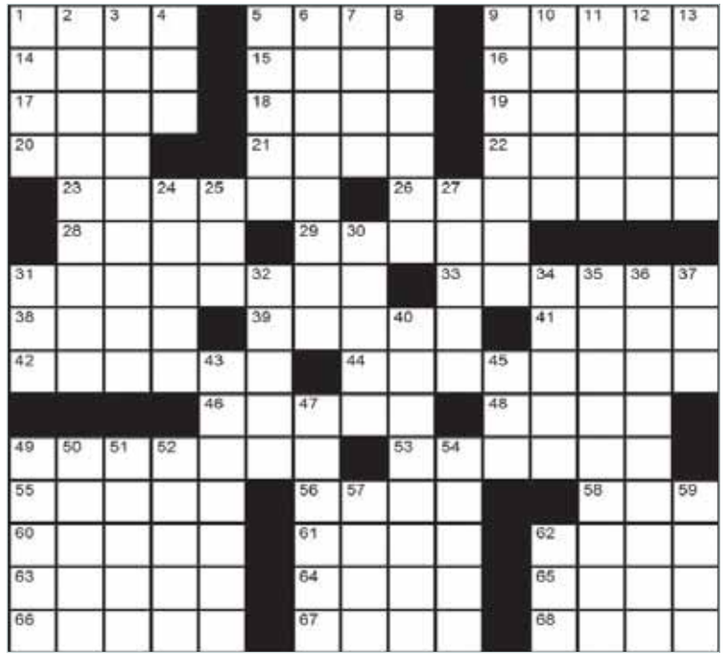
♓ Pisces
Feb. 20 - March 20
You will get a burst of energy today, enabling you to finish something you started a long time ago. Some people believe that Pisceans are lazy. It's time to prove them wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

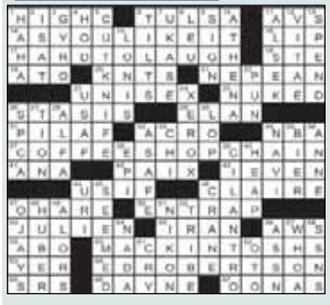
BY KELLY ANN BUCHANAN



Across
1. High hairstyle
5. Nursemaid
9. Zestfulness
14. Earth's crust's upper layer
15. Actor's dialogue
16. Staked, in poker
17. Stare
18. Facial result
19. Window's sun blocker
20. Alphabetical trio
21. Half of a Basque court game
22. Mouthwash-using step
23. Bellowing beast
26. Social site
28. Actress, Candace Cameron __
29. Music's Mr. Shaw
31. A car in Britney Spears' "Work B**ch!"
33. TV type
38. Certain cuckoos
39. "Don't __ __ what you know is true." - INXS
41. Tibia's locale
42. __ comedy
44. Northeastern Ontario community, __ Lake
46. Daniel Day-__
48. Libertine
49. Historic legal building in Toronto, __ Hall
53. Lays eggs, salmon-style
55. Wallet items
56. Certain canal
58. Calder Cup sports org.
60. Marvin Gaye duettist Ms. Terrell
61. Orchestra instrument
62. Ms. Gardner's
63. "Sounds like _ __!"
64. Fails to be
65. Delicate
66. __ to try (Eager)
67. More or __
68. Aardvark snacks

Down
1. Humour book: _._. __ Eh?: How Canada Secretly Controls the United States and Why That's OK
2. Loonies, dimes, etc.
3. Nova Scotia university
4. Rosemary Clooney's "This __ House"
5. Pond stuff
6. National Basketball League of Canada team, Saint John __ __
7. Buffalo sort
8. Princess Diana's affair-ee, Captain James __
9. "In Your Eyes" by Peter Who?
10. Not-in-use candle's status
11. Time on the job
12. Strained
13. More strange
24. Usurp
25. "The Lorax" (2012) character, The Once-__
27. Windshield __
30. __-Tikki-Tavi
31. Pas' wives
32. Oohed and __
34. "It must be _ __ news day."
35. Saskatchewan's southwest town
36. Prospecting passageway: 2 wds.
37. Also
40. Tom Cruise's 'Impossible' undertakings
43. Leonard Cohen's "__ Time"
45. Isthmus of __ (Malay Peninsula part)
47. Beetle sort
49. Grouping that's the sum of VII + I
50. Like dish-washing water
51. Manitoba town with Icelandic heritage
52. "Come __, __..." (Hurry ...or give it a break already)
54. Hides
57. The Parachute Club hit: "__ Up"
59. Itemized things, for short
62. Noted botanist Mr. Gray

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5			9	4		7	
6								
				6	8		2	3
8		2		4		1		
			6		5			
		6		7		2		9
7	1		9	8				
								2
	8		1	3			5	

Yesterday's Sudoku

5	3	4	2	9	1	7	6	8
7	9	1	8	6	5	2	4	3
8	2	6	3	4	7	1	5	9
4	8	9	7	2	6	5	3	1
2	7	5	1	3	9	6	8	4
1	6	3	4	5	8	9	2	7
6	5	8	9	7	3	4	1	2
3	4	7	6	1	2	8	9	5
9	1	2	5	8	4	3	7	6

Today -8°/-16° Sunny
Friday 2°/-9° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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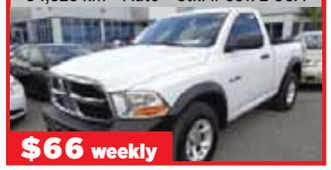
2010 Toyota RAV4
4WD SUV • 2.5L 4 cyl • $17,860
41,864 km • Auto • Stk: # 34484 USA

$88 weekly

2010 Dodge Ram 1500
4.7L 8 cyl • $15,880
84,828 km • Auto • Stk: # 35172 USA



$66 weekly

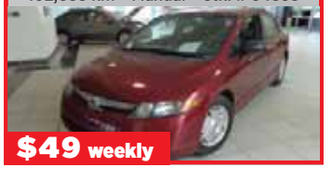
2013 Ford Escape ECOBOOST
4WD • NAV • 1.6L 4 cyl • $25,940
38,037 km • Auto • Stk: # 34877

$107 weekly

2011 Honda Pilot LX
4WD 8PASS • 3.5L V6 cyl • $25,670
60,981 km • Auto • Stk: # 35148 USA

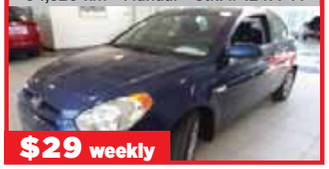
$107 weekly

2008 Honda Civic DX-G
Sedan • 1.8L 4 cyl • $9,940
102,688 km • Manual • Stk: # 34858



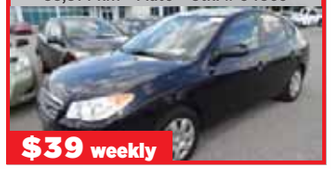
$49 weekly

2008 Hyundai Accent
Hatchback • 1.6L 4 cyl • $7,850
64,520 km • Manual • Stk: # 12477-A



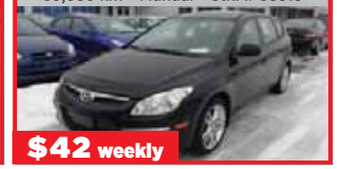
$29 weekly

2008 Hyundai Elantra
Sedan • 2.0L 4 cyl • $7,960
88,814 km • Auto • Stk: # 34869



$39 weekly

2010 Hyundai Elantra GLS
Touring Sedan • 2.0L 4 cyl • $9,980
89,656 km • Manual • Stk: # 35515



$42 weekly

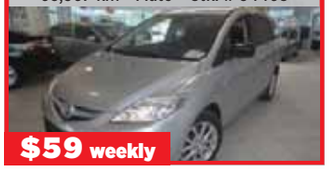
2011 Hyundai Sonata
2.4L 4 cyl • $13,720
74,881 km • Auto • Stk: # 35355

$57 weekly

2012 Ford Fiesta SE
Sedan • 4 cyl • $12,640
69,659 km • Auto • Stk: # 35009

$53 weekly

2009 Mazda5
Minivan • 2.3L 4 cyl • $11,960
63,567 km • Auto • Stk: # 34468



$59 weekly

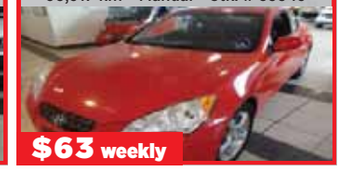
2007 Mazda5
Minivan • 2.3L 4 cyl • $8,650
94,943 km • Manual • Stk: # 34526-A

$52 weekly

2009 Mitsubishi Lancer DE
Sedan • 2.0L 4 cyl • $9,850
81,177 km • Auto • Stk: # 35550

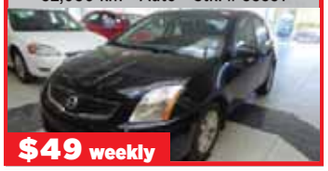
$49 weekly

2010 Hyundai Genesis 2.0T
Coupe • 2.0L 4 cyl • $14,640
95,917 km • Manual • Stk: # 35549



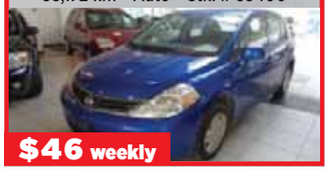
$63 weekly

2012 Nissan Sentra
XTRONIC CVT • 4 cyl • $11,990
52,050 km • Auto • Stk: # 35391



$49 weekly

2012 Nissan Versa
Hatchback • 1.8L 4 cyl • $10,980
53,172 km • Auto • Stk: # 35400

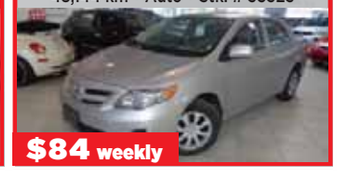


$46 weekly

2008 Suzuki SX4
AWD • 4 cyl • $8,450
101,049 km • Manual • Stk: # 35228

$42 weekly

2012 Toyota Corolla
Sedan • 1.8L 4 cyl • $12,960
48,144 km • Auto • Stk: # 35323

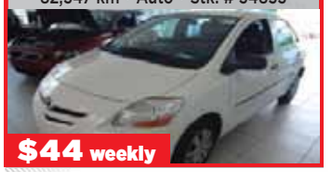


$84 weekly

2010 Dodge Journey SXT
3.5L V6 cyl • $12,870
97,157 km • Auto • Stk: # 35171

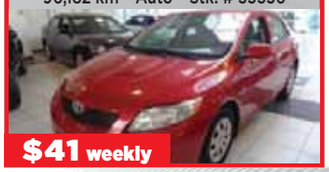
$66 weekly

2008 Toyota Yaris
Sedan • 4 cyl • $8,850
82,347 km • Auto • Stk: # 34853



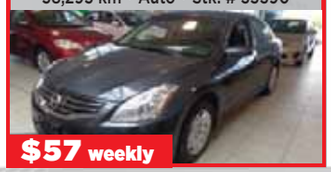
$44 weekly

2010 Toyota Corolla CE
Sedan • 1.8L 4 cyl • $9,870
96,182 km • Auto • Stk: # 35356



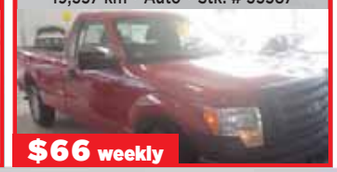
$41 weekly

2012 Nissan Altima 2.5S
XTRONIC CVT • 4 cyl • $13,850
58,295 km • Auto • Stk: # 35390



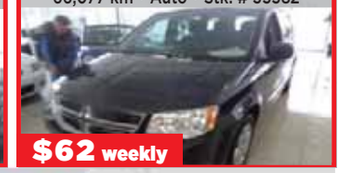
$57 weekly

2011 Ford F-150 XL
FLEX FUEL • 3.7L V6 cyl • $15,860
19,357 km • Auto • Stk: # 35587



$66 weekly

2011 Dodge Gr Caravan
SE/SXT • 3.6L V6 cyl • $14,850
66,077 km • Auto • Stk: # 35582



$62 weekly

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